

Y3/4 P.E. Long Term Planning

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
<u>INVASION GAMES</u>	<u>GYMNASTICS</u>	<u>DANCE</u>	<u>ATHLETICS</u>	<u>GAMES</u>	<u>GAMES</u>
FOOTBALL	Areas to be covered:	Areas to be covered:	Areas to be covered:	CRICKET	TENNIS
<p>Areas to be covered:</p> <ul style="list-style-type: none"> - Travelling with the ball under close control - Sending and receiving to and from a partner, with some successful transference in to game situation - Scoring/shooting, with some successful transference in to game situation - Tactics – when to choose certain skills with a successful outcome in a game situation - Follow rules to play challenging, organised games - Adapt these rules to create their own modified games 	<ul style="list-style-type: none"> - Making and maintaining shapes using own body and working with others - Exploring different ways to travel, both high and low - Combining travelling and being still, linking them together into a fluid movement phrase - Varying height and speed in their movement phrase - Developing basic levels of strength, stability and flexibility through bodyweight activities - Using equipment safely and correctly 	<ul style="list-style-type: none"> - How movement can vary in speed, level and direction - Creating and developing movement patters, comparing them with others - Exploring precise, controlled and fluent movement responses to music/stimuli, including changes in rhythm - Learn and perform simple routines by linking these movements - Replace sections of routines with own ideas and sequences - Looking at examples of how feelings and emotions reflect the piece 	<ul style="list-style-type: none"> - Understanding differences between speed and stamina - Being able to physically apply those differences between speed and stamina - Demonstrating a variety of throwing and jumping techniques - Understand how throwing/jumping distances can be increased (run ups, etc) - Using a variety of physical skills in combination efficiently to maximise performance - Challenging themselves to achieve their personal best 	<p>Areas to be covered:</p> <ul style="list-style-type: none"> - Correct throwing and catching techniques - Applying correct techniques consistently under some pressure in a game-like context - Batting – grip, stance and swing, focusing on consistent repetition - Bowling – underarm and overarm, aiming for one bounce in front of the batter - Tactics – where to hit ball taking account fielding positions of the opposition - Full awareness of scoring system and choosing both batting and fielding tactics accordingly 	<p>Areas to be covered:</p> <ul style="list-style-type: none"> - Hand/eye coordination, tracking the ball closely and affecting movements accordingly - Developing basic racquet skills, controlling and manipulating the ball - Introduction to shot techniques including forehand and backhand - Tactical awareness – increasing or decreasing shot power, when and why it would be effective - Understanding the scoring system in tennis, and being able to officiate a game between two players