

Cycle B						
PE Curriculum Year 3/4						
	Term One	Term Two	Term Three	Term Four	Term Five	Term Six
Overview Summary	Personal skills	Social Skills	Cognitive Skills	Creative skills	Physical skills	Health and fitness
NC Coverage	<ul style="list-style-type: none"> <li>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</li> <li>Pupils should be taught to: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</li> <li>participate in team games, developing simple tactics for attacking and defending</li> <li>perform dances using simple movement patterns.</li> </ul>					
Vocabulary	Side step Gallop Hop Skip Hop-skotch Pivot Opposite Fluency Control Zig-Zag Balance Squat Extension Uneven	Jump Forwards Backwards Side to Side Turn Quarter Half Tuck Freeze Landing Direction Balance Swap Opposite Place 180*	Balance Forwards Fluidly Backwards Wobble Heel to Toe Lunge Opposite Stance Beam Force Alternate Catch 180* Pivot	Control Roll Sit Stand Upper Body Lower Body Waist Alternate Direction Figure of 8 Criss-Cross Balance Lean Together Apart Opposite Simultaneously	Collect Rebound Bounce Strike Kick Throw Alternate Sending Receiving Opposite Distance React Catch Shoulder Across Rotate	Roll Collect Chase Balanced Partner Opposite Seated Lying Bouncing Sideways Balance Front-support Strike
Cog Knowledge covered over Unit	<ul style="list-style-type: none"> <li>To know that if at first you don't succeed, ask for help.</li> <li>To know where I am with my learning.</li> <li>To know how to challenge myself.</li> <li>To cope well and react positively when things become difficult.</li> <li>To know how to persevere with a task and improve my performance with regular practice.</li> </ul>	<ul style="list-style-type: none"> <li>To know how to help, praise and encourage others.</li> <li>To know how to show patience and support others, listening carefully about their work,</li> <li>To show and tell others about my ideas.</li> <li>To co-operate well with a group and provide useful feedback.</li> <li>To know how to guide a small group through a task.</li> </ul>	<ul style="list-style-type: none"> <li>To know how to order instructions, movements and skills.</li> <li>To explain how someone is doing well.</li> <li>To explain what I am doing well.</li> <li>To identify areas for improvement.</li> <li>To understand ways (criteria) to judge performance.</li> <li>To use awareness of space/others to make good decisions.</li> </ul>	<ul style="list-style-type: none"> <li>To select and link movements together to fit a theme.</li> <li>To begin to compare my movements and skills with those of others.</li> <li>To recognise similarities and differences in movements and expression.</li> <li>To make up my own rules and versions of activities.</li> <li>To know how to change tactics, rules or tasks to make activities more fun or more challenging.</li> </ul>	<ul style="list-style-type: none"> <li>To perform a sequence of movements with some changes in level, direction or speed.</li> <li>To perform a range of skills with some control and consistency.</li> <li>To select and apply a range of skills with good control and consistency.</li> <li>To link actions together so that they flow.</li> <li>To perform a variety of movements and skills with good body tension.</li> <li>To perform and repeat longer sequences with</li> </ul>	<ul style="list-style-type: none"> <li>To be able to say how my body feels before, during and after exercise.</li> <li>To use equipment appropriately and move and land safely.</li> <li>To explain why we need to warm-up and cool down.</li> <li>To describe how and why my body changes during and after exercise.</li> <li>To describe the basic fitness components.</li> <li>To record and monitor how hard I am working.</li> </ul>

				<ul style="list-style-type: none"> <li>To link actions and develop sequences of movements that express my own ideas.</li> </ul>	clear shapes and controlled movement.	
Real PE Skills	<p><b>Ball Skills</b></p> <p><b>Red</b></p> <ul style="list-style-type: none"> <li>Stand with my legs apart and move a ball around one leg 16 times (right and left leg).</li> <li>Move a ball round my waist 17 times.</li> <li>Stand with my legs apart and move a ball around alternate legs 16 times.</li> </ul> <p><b>Blue</b></p> <ul style="list-style-type: none"> <li>Stand with my legs apart and move a ball in a figure of 8 around both legs 12 times.</li> <li>Move a ball around my waist into a figure of 8 around both legs 10 times.</li> <li>Move a ball around my waist and then around alternate legs 12 times.</li> <li>Stand with my legs apart, hold the ball between them with 1 hand round the front and the other round the back and swap hand positions 24 times ('criss-cross'), initially with a bounce and then without a bounce.</li> </ul> <p><b>Pink</b></p> <ul style="list-style-type: none"> <li>Stand with my legs apart, hold a ball between them with both hands at the front, allow the ball to bounce and then catch it with hands</li> </ul>	<p><b>On a Line</b></p> <p><b>Red</b></p> <ul style="list-style-type: none"> <li>March forwards and backwards lifting knees and elbows to 90*</li> <li>Walk forwards and backwards with a heel to toe landing</li> <li>Walk fluidly forwards and backwards, lifting heel to bottom using a heel to toe landing.</li> </ul> <p><b>Blue</b></p> <ul style="list-style-type: none"> <li>Walk fluidly, forwards and backwards, lifting heel to bottom, knees up and with a heel to toe landing.</li> <li>Lunge forwards with a heel to toe landing</li> <li>Walk forwards, bringing opposite elbow up at 90*.</li> <li>Complete all red challenges with eyes closed</li> </ul> <p><b>Pink</b></p> <ul style="list-style-type: none"> <li>Sidestep in both directions.</li> <li>Stand sideways and complete continuous 180° front pivots. I can do the same with 180° reverse pivots.</li> <li>Move sideways, stepping across my body (lateral step-over).</li> <li>Perform 'grapevines' (lateral step-over, sidestep, lateral step-behind, repeat).</li> <li>Complete all 'blue dynamic balance</li> </ul>	<p><b>Stance</b></p> <p><b>Red</b></p> <ul style="list-style-type: none"> <li>Maintain balance while receiving a small force from various angles</li> <li>Maintain balance while raising alternate feet 5 times</li> <li>Maintain balance while raising alternate knees 5 times</li> <li>Maintain balance while catching a ball at my chest and throwing it back</li> </ul> <p><b>Blue</b></p> <ul style="list-style-type: none"> <li>Raise alternate knees to opposite elbows 5 times</li> <li>Catch a large ball thrown at knee height and above my head (floor and beam)</li> <li>Catch a large ball thrown away from my body.</li> <li>Catch a small ball thrown close to and away from my body (floor and beam)</li> </ul> <p><b>Pink</b></p> <ul style="list-style-type: none"> <li>Throw and catch 2 small balls alternately, using both hands, both close to and away from my body.</li> <li>Strike a small ball back to a partner with a racket.</li> <li>Strike a small ball back to a partner from across my body with a racket.</li> </ul> <p><b>Black</b></p>	<p><b>Seated</b></p> <p><b>Red</b></p> <ul style="list-style-type: none"> <li>Pick up a cone from one side, place it on the other side with the same hand and return it with the other hand</li> <li>Sit in a dish shape with straight arms and legs and hold it for 5 seconds</li> </ul> <p><b>Blue</b></p> <ul style="list-style-type: none"> <li>3 Reach and pick up a cone arm's distance away, swap hands and place it on the other side using both hands</li> <li>Hold a V-shape with straight arms and legs for 10 seconds</li> </ul> <p><b>Pink</b></p> <ul style="list-style-type: none"> <li>Reach and pick up cones from in front, to the side and from behind.</li> <li>Reach and pick up cones from in front, to the side and from behind with eyes closed.</li> <li>Reach and pick up cones from in front, to the side and from behind while a partner applies a force.</li> <li>Reach and pick up cones from in front, to the side and from behind with eyes closed, while a partner applies a force.</li> </ul> <p><b>Black</b></p> <ul style="list-style-type: none"> <li>Reach and pick up cones on the floor whilst on a bench and</li> </ul>	<p><b>Jumping and Landing</b></p> <p><b>Red</b></p> <ul style="list-style-type: none"> <li>Jump from 2 feet to 2 feet with a 180° turn in either direction</li> <li>Tuck Jump</li> <li>Tuck jump with 180° turn in either direction</li> </ul> <p><b>Blue</b></p> <ul style="list-style-type: none"> <li>Jump 2 feet to 2 feet, forwards, backwards and side to side</li> <li>Hop forwards, backwards and side to side; freezing on landing</li> <li>Jump from one foot to the other forwards and backwards; freezing on landing</li> <li>Hop sideways, raising knee and freezing on landing</li> <li>Jump from one foot to the other, sideways; raising knee and freeing on landing.</li> </ul> <p><b>Pink</b></p> <ul style="list-style-type: none"> <li>Jump from 2 feet to 2 feet with a 180° turn in the middle (in both directions).</li> <li>Jump from 2 feet to 2 feet with a tuck and a 180° turn (in both directions).</li> <li>Stand with legs together (vertical stance), jump into a lunge position, then jump back to a vertical stance (on both sides).</li> </ul> <p><b>Black</b></p>	<p><b>Sending and Receiving</b></p> <p><b>Red</b></p> <ul style="list-style-type: none"> <li>Strike a ball with alternate hands in a rally.</li> <li>Kick a ball with the same foot.</li> <li>Kick a ball with alternate feet.</li> <li>Roll 2 balls alternately using both hands, sending 1 as the other is returning.</li> </ul> <p><b>Blue</b></p> <ul style="list-style-type: none"> <li>Alternately throw and catch 2 tennis balls against a wall.</li> <li>Throw 2 tennis balls against a wall and catch them with the opposite hand (cross-over).</li> <li>Throw 2 tennis balls against a wall in a circuit, in both directions.</li> </ul> <p><b>Pink</b></p> <ul style="list-style-type: none"> <li>With a partner, I can simultaneously pass a large ball along the floor with my feet and throw a tennis ball for 10 continuous passes.</li> <li>With a partner, I can keep 3 tennis balls going in a throwing circuit for 30 seconds.</li> </ul> <p><b>Black</b></p> <ul style="list-style-type: none"> <li>Working with a partner, I can simultaneously pass a ball along the floor with my feet and</li> </ul>

behind my legs ('front to back catches') 20 times, alternating catches in front and behind.

- Do the same task 30 times, this time without letting the ball bounce in between.
- Complete the above tasks with head up throughout.
- Stand, throw a ball over my head, catch it behind and then throw it forwards over my head and catch it in front ('overhead throw and catch') 11 times.

#### Black

- Combine an 'overhead throw and catch' with a 'front to back catch' (see Pink challenges) to make a 'long circle' 12 times (forwards and then backwards).
- Stand with a ball in 1 hand, throw it over the opposite shoulder and catch it behind my back with the same hand 20 times (with either hand). I can do the same, throwing the ball from back to front.

#### Reaction/Response

#### Red

- React quickly and catch a tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.

#### Blue

challenges' then all the above challenges with eyes closed.

#### Black

- Lunge walk backwards along a line.
- Lunge walk backwards with opposite elbow at 90°.
- Lunge walk along a curved pathway, forwards then backwards, with opposite elbow at 90°.
- Perform all the above tasks with eyes closed.

#### With a Partner

#### Red

- Hold and, with a short base, lean back, hold our balance and then move back together.
- Hold on with 1 hand and, with a short base, lean back, hold our balance and then move back together.
- Perform both short base challenges with eyes closed.

#### Blue

- stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together.
- stand on 1 leg while holding on to my partner's opposite leg.

#### Pink

- Complete all blue counter balance challenges with eyes closed.
- Step onto a bench facing my partner, hold with both hands

- Throw and catch a small ball, catching across the body with either hand.
- Throw and catch 2 balls alternately, catching across my body with either hand.
- Volley a large ball back to a partner with either foot.

#### Footwork

#### Red

- Hop-skotch forwards and backwards with alternate leg
- 3 step zig-zag pattern
- 3 step zig-zag pattern backwards
- Movements with speed

#### Blue

- 3 step pattern with knee raise
- 3 step pattern with foot raise behind

#### Pink

- Move in a 3-step zigzag pattern while alternating knee raise and foot behind.
- Move backwards in a 3-step zigzag pattern with cross-over (swerve).
- Move backwards in a 3-step zigzag pattern with knee raise across my body.

#### Black

- Move backwards in a 3-step zigzag pattern with foot behind.
- Move backwards in a 3-step zigzag pattern with alternating knee lift and foot behind.

without losing balance.

- Turn 360° in either direction, first on the floor then on a bench.
- Balance on an uneven surface, e.g. wobble cushion, for 10 seconds.
- Reach and pick up cones on the floor whilst on an uneven surface, e.g. wobble cushion, and without losing balance.

#### Floor Work

#### Red

- Hold a full front support position.
- Lift 1 arm and point to the ceiling with either hand in a front support.
- Transfer a cone on and off my back in a front support.

#### Blue

- Transfer a tennis ball on and off my back in a front support.
- Transfer a cone on and off my tummy in a back support.
- Transfer a tennis ball on and off my tummy in a back support.

#### Pink

- Hold a front support position with only 1 foot in contact with the floor and transfer a cone on and off my back.
- Rotate fluently from a front support to a back support, and then continue rotating with fluency.

- Jump from a vertical stance forwards into a lunge position while holding a medicine ball off centre (on both sides).
- Jump from a vertical stance backwards into a lunge position while holding a medicine ball off centre (on both sides).
- Jump from 2 feet to 2 feet with a 360° turn (in both directions).

#### One Leg Balance

#### Red

- Stand still for 30 seconds on both legs with eyes closed
- 5 squats on both legs
- 5 ankle extensions

#### Blue

- Stand still on uneven surface for 30 seconds
- Stand still on uneven surface for 30 seconds with eyes closed
- 10 squats into ankle extensions
- 5 squats with eyes closed

#### Pink

- Complete 5 ankle extensions with eyes closed.
- Complete 10 squats into ankle extensions with eyes closed.
- Complete the above 2 challenges on an uneven surface (eyes open).
- Complete the first 2 challenges on an uneven surface with eyes closed.

throw 2 tennis balls continuously.

- Working with a partner, I can simultaneously volley a tennis ball with a racket and pass a ball along the ground continuously.

#### Ball Chasing

#### Red

- Chase a large rolled ball, let it roll through my legs and then collect it in a balanced position facing the opposite direction.
- Chase a large bouncing ball, let it roll through my legs and then collect it in a balanced position facing the opposite direction.
- Complete the above challenges using a tennis ball.

#### Blue

- Roll and chase a large ball, stopping it with my knee sideways onto the ball (long barrier position) facing the opposite direction.
- Do the above challenge with a tennis ball.
- Roll and chase a large ball, stopping it with my head in a front support position facing the opposite direction.

#### Pink

- Stand facing a partner, ask them to

	<ul style="list-style-type: none"> <li>React and step across my body, bring my hand across my body and catch a tennis ball after 1 bounce.</li> </ul> <p><b>Pink</b></p> <ul style="list-style-type: none"> <li>React to a call from a partner when they drop a ball, turn and catch it after 1 bounce.</li> <li>Do the above challenge, but react to the sound of the bounce rather than the call.</li> </ul> <p><b>Black</b></p> <ul style="list-style-type: none"> <li>React to a call from a partner when they drop a ball, turn and catch it after 1 bounce, balancing on 1 leg.</li> <li>Do the above challenge, but react to the sound of the bounce rather than the call.</li> <li>Do the above challenges, but also step across my body and bring my hand across my body to catch the ball with 1 hand.</li> </ul>	<p>with feet side by side, lean back, hold and then move back together.</p> <ul style="list-style-type: none"> <li>Step onto a bench facing my partner, hold with both hands and swap places whilst leaning back with straight arms.</li> </ul> <p><b>Black</b></p> <ul style="list-style-type: none"> <li>Stand on a line facing my partner, hold with both hands then lean back and then swap places whilst maintaining the counter balance position.</li> <li>Stand on a low beam facing my partner, hold with both hands then swap places whilst maintaining the counter balance position.</li> </ul>		<p><b>Black</b></p> <ul style="list-style-type: none"> <li>Reach and pick up cones on the floor whilst on a bench and without losing balance.</li> <li>Turn 360° in either direction, first on the floor then on a bench.</li> <li>I can balance on an uneven surface, e.g. wobble cushion, for 10 seconds.</li> <li>I can reach and pick up cones on the floor whilst on an uneven surface, e.g. wobble cushion, and without losing balance.</li> </ul>	<p><b>Black</b></p> <ul style="list-style-type: none"> <li>Place cones at 12, 3, 6 and 9 o'clock on an imaginary clock face and pick them up with the same hand.</li> <li>Place cones at 12, 3, 6 and 9 o'clock on an imaginary clock face and pick them up with the same hand with eyes closed.</li> <li>Stand on an uneven surface and place cones at 12, 3, 6 and 9 o'clock on an imaginary clock face and pick them up with the same hand.</li> </ul>	<p>feed a ball over my head, then turn and catch it after 1 bounce.</p> <ul style="list-style-type: none"> <li>Stand facing away from a partner, ask them to feed a ball over my head, react and catch it after 1 bounce.</li> </ul> <p><b>Black</b></p> <ul style="list-style-type: none"> <li>Stand facing away from a partner, ask them to feed a ball over my head, react and catch it between my knees or feet after 1 bounce.</li> <li>Do the above challenge, but catch the ball on the instep of my foot and lower it to the ground.</li> </ul>
<p><b>Competition</b></p>	<ul style="list-style-type: none"> <li>Ladder/Bump Ladder</li> <li>Round Robins</li> </ul>	<ul style="list-style-type: none"> <li>Levelling the Playing Field</li> <li>Round Robins</li> </ul>	<ul style="list-style-type: none"> <li>Knockouts</li> <li>Ladder Bump</li> </ul>	<ul style="list-style-type: none"> <li>Ladder/Bump Ladder</li> <li>Round Robins</li> </ul>	<ul style="list-style-type: none"> <li>Round Robins</li> <li>Scored on Performance</li> </ul>	<ul style="list-style-type: none"> <li>Levelling the Playing Field</li> <li>Knockouts</li> </ul>

