

PE (Outdoor) Curriculum 2023/24 – Years 3 & 4

	Autumn 1	Autumn 2				
Topic	<p>Hockey</p> <p>Children will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using sending, receiving and dribbling a ball. They will start by playing uneven and then move onto even sided games. They will begin to think about defending and winning the ball. Pupils will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. Pupils will understand the importance of playing fairly and keeping to the rules. They will be encouraged to be a supportive teammate and identify why this behaviour is important.</p>	<p>Netball</p> <p>Children will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, throwing, catching and shooting. They will learn to use a range of different passes in different situations to keep possession and attack towards goal. Pupils will learn about defending and attacking play as they begin to play even-sided versions of 5-a-side Netball. They will learn key rules of the game such as footwork, held ball, contact and obstruction.</p>				
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Vocab	<p>Dribble, Tackle, Pass, Possession, Open stick, Reverse Stick, Control, Receive, Indian Dribble, Space, Open stick tackle, Block tackle, Attack, Defend, Tactics</p>	<p>Pass, Receive, Pass & move, Footwork, Attacker, Defender, Lose a defender, Find space, Mark an attacker, Intercept, Chest pass, Bounce pass, Shoulder pass, Shoot, Contact, Obstruction, Held-ball, Encouragement, Sportsmanship</p>				



PE (Outdoor) Curriculum 2023/24 – Years 3 & 4

	Spring 1	Spring 2
Topic	<p>Football</p> <p>Children will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, sending, receiving and dribbling a ball. They will start by playing uneven and then move onto even sided games. They learn to work one on one and cooperatively within a team, showing respect for their teammates, opposition and referee. Pupils will be given opportunities to select and apply tactics to outwit the opposition.</p>	<p>Basketball</p> <p>Children will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, throwing, catching and dribbling. Pupils will learn to use attacking skills to maintain possession of the ball. They will start by playing uneven and then move onto even sided games. Pupils will understand the importance of playing fairly and to the rules. They will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition as well as learn how to evaluate their own and others' performances.</p>
Knowledge	<ul style="list-style-type: none"> <p>YEAR 3</p> <ul style="list-style-type: none"> I am beginning to use simple tactics. I am learning the rules of the game and I am beginning to use them to play honestly and fairly. I can dribble, pass, receive and shoot the ball with some control. I can find space away from others and near to my goal. I can provide feedback using key words. I can track an opponent to slow them down. I understand my role as an attacker and as a defender. I work co-operatively with my group to self-manage games. <p>YEAR 4</p> <ul style="list-style-type: none"> I can delay an opponent and help to prevent the other team from scoring. I can dribble, pass, receive and shoot the ball with increasing control. I can move to space to help my team to keep possession and score goals. I can provide feedback using key terminology and understand what I need to do to improve. I can use simple tactics to help my team score or gain possession. I share ideas and work with others to manage our game. I understand the rules of the game and I can use them often and honestly. 	<ul style="list-style-type: none"> <p>YEAR 3</p> <ul style="list-style-type: none"> I am beginning to use simple tactics. I am learning the rules of the game and am beginning to use them honestly. I can dribble, pass, receive and shoot the ball with some control. I can find space away from others and near to my goal. I can provide feedback using key words. I can track an opponent to slow them down. I understand my role as an attacker and as a defender. I work co-operatively with my group to self-manage games. <p>YEAR 4</p> <ul style="list-style-type: none"> I can delay an opponent and help to prevent the other team from scoring. I can dribble, pass, receive and shoot the ball with increasing control. I can move to space to help my team to keep possession and score goals. I can provide feedback using key terminology and understand what I need to do to improve. I can use simple tactics to help my team score or gain possession. I share ideas and work with others to manage our game. I understand the rules of the game and I can use them often and honestly.
Vocab	Control, Touch, Dribble, Pressure, Pass, Teammate, Opposition, Inside hook, Outside hook, Track, Defend, Instep, Outside of foot, Attack, Defend, Tactics, Delay, Decision, Accerlate	Dribble, Chest pass, Bounce pass, Receiver, Opponent, Teammate, Attacker, Defender, Eye-contact, Jump-stop, Pivot, Shield, Dodging, Losing, Tracking, Set shot, Double-dribble, Travelling, Contact



PE (Outdoor) Curriculum 2023/24 – Years 3 & 4

	Summer 1	Summer 2
Topic	<p>OAA</p> <p>Children further develop problem solving skills through a range of challenges. Pupils work as a pair and small group to plan, solve, reflect and improve on strategies. They learn to be inclusive of others and work collaboratively to overcome challenges. Pupils develop their knowledge of map reading, identifying key symbols and following routes.</p>	<p>Rounders</p> <p>Children will learn how to score points by striking a ball into space and running around cones or bases. When fielding, they learn how to play in different fielding roles. They focus on developing their throwing, catching and batting skills. In all game's activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.</p>
Knowledge	<p>YEAR 3</p> <ul style="list-style-type: none"> • I am developing map reading skills. • I can follow and give instructions. • I can listen to and am accepting of others' ideas. • I can plan and attempt to apply strategies to solve problems. • I can reflect on when and why I was successful at solving challenges and am beginning to understand why. • I can work collaboratively with a partner and a small group. <p>YEAR 4</p> <ul style="list-style-type: none"> • I can accurately follow and give instructions. • I can confidently communicate ideas and listen to others. • I can identify key symbols on a map and use a key to help navigate around a grid. • I can plan and apply strategies to solve problems. • I can reflect on when and why I was successful at solving challenges. • I can work collaboratively and effectively with a partner and a small group. 	<p>YEAR 3</p> <ul style="list-style-type: none"> • I am able to bowl a ball towards a target. • I am beginning to strike a bowled ball. • I am developing an understanding of tactics and I am beginning to use them in game situations. • I am learning the rules of the game and I am beginning to use them. • I can provide feedback using key words. • I can use overarm and underarm throwing and catching skills. • I work co-operatively with my group to self-manage games. <p>YEAR 4</p> <ul style="list-style-type: none"> • I am able to bowl a ball with some accuracy, and consistency. • I am learning the rules of the game and I am beginning to use them to play honestly and fairly. • I can communicate with my teammates to apply simple tactics. • I can explain what happens to my body when I exercise and how this helps to make me healthy. • I can provide feedback using key terminology and understand what I need to do to improve. • I can strike a bowled ball with adapted equipment (e.g. a tennis racket). • I can use overarm and underarm throwing and catching skills with increasing accuracy. • I share ideas and work with others to manage our game.
Vocab	Cooperate, Collaborative, Orientate, discuss, interrupt, route, tactics, teamwork, compass, symbol, honest, course, trust, effectively, leader, role, navigate, key, reflect, orientate	Rounders, Underarm, Overarm, Tactics, Bowling, No-ball, Bases, Fielding, Short barrier, Batting, Technique, Stance, Side-on, Fielders, Stumped, Caught, Half-rounder, Full-rounder



PE (Outdoor) Curriculum 2024/25 – Years 3 & 4

	Autumn 1	Autumn 2				
Topic	<p>Netball</p> <p>Children will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, throwing, catching and shooting. They will learn to use a range of different passes in different situations to keep possession and attack towards goal. Pupils will learn about defending and attacking play as they begin to play even-sided versions of 5-a-side Netball. They will learn key rules of the game such as footwork, held ball, contact and obstruction.</p>	<p>Football</p> <p>Children will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, sending, receiving and dribbling a ball. They will start by playing uneven and then move onto even sided games. They learn to work one on one and cooperatively within a team, showing respect for their teammates, opposition and referee. Pupils will be given opportunities to select and apply tactics to outwit the opposition.</p>				
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Vocab	<p>Pass, Receive, Footwork, Attacker, Defender, Dodge, Find space, Mark an attacker, Intercept, Chest pass, Bounce pass, Shoulder pass, Shoot, Contact, Obstruction, Encouragement, Communicate</p>	<p>Control, Touch, Dribble, Pressure, Pass, Teammate, Opposition, Inside hook, Outside hook, Track, Jockey, Defend, Instep, Outside of foot, Attack, Defend, Tactics</p>				



PE (Outdoor) Curriculum 2024/25 – Years 3 & 4

	Spring 1	Spring 2
Topic	<p>Tag Rugby</p> <p>Children will learn how to play a competitive game and they should enjoy communicating, collaborating and competing with each other. They should apply basic principles suitable for attacking and defending.</p>	<p>Tennis</p> <p>Children will learn the key skills required for tennis such as the ready position, racket control and hitting a ball with forehand and backhand strokes. They learn how to score points and how to use skills, simple strategies and tactics to outwit the opposition. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.</p>
Knowledge	<p>YEAR 3</p> <ul style="list-style-type: none"> • I am learning the rules of the game and I am beginning to use them to play honestly. • I can communicate with my team and move into space to help them. • I can defend an opponent and attempt to tag them. • I can move with a ball towards goal with increasing control. • I can pass and receive the ball with some control. • I can provide feedback using key words. • I understand my role as an attacker and as a defender. • I work cooperatively with my group to self-manage games. <p>YEAR 4</p> <ul style="list-style-type: none"> • I can delay an opponent and help prevent the other team from scoring. • I can explain what happens to my body when I exercise and how this helps to make me healthy. • I can help my team keep possession and score tries when I play in attack. • I can pass and receive the ball with increasing control. • I can provide feedback using key terminology and understand what I need to do to improve. • I can use simple tactics to help my team score or gain possession. • I share ideas and work with others to manage our game. • I understand the rules of the game and I can use them often and honestly. 	<p>YEAR 3</p> <ul style="list-style-type: none"> • I am learning the rules of the game and I am beginning to use them to play fairly. • I can provide feedback using key words. • I can return a ball to a partner. • I can use basic racket skills. • I understand the aim of the game. • I understand the benefits of exercise. • I work cooperatively with my group to self-manage games. <p>YEAR 4</p> <ul style="list-style-type: none"> • I can communicate with my teammates to apply simple tactics. • I can explain what happens to my body when I exercise and how this helps to make me healthy. • I can provide feedback using key terminology and understand what I need to do to improve. • I can return to the ready position to defend my own court. • I can sometimes play a continuous game. • I can use a range of basic racket skills. • I share ideas and work with others to manage our game. • I understand the rules of the game and I can use them often and honestly.
Vocab	tag, pass, forward pass, offside, try, try-line, teammate, attack, defend, dodge, support, space	Backhand, control, court, forehand, react, competition, face, opponent, rally, opposition, extend, double, feed and return, serve, ready position



PE (Outdoor) Curriculum 2024/25 – Years 3 & 4

	Summer 1	Summer 2				
Topic	<p>Cricket</p> <p>Children learn how to strike the ball into space so that they can score runs. When fielding, they learn how to keep the batters' scores low. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.</p>	<p>Athletics</p> <p>Children will develop basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. Children think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best.</p>				
Knowledge	<table border="0"> <tr> <td style="vertical-align: top;"> <p>YEAR 3</p> <ul style="list-style-type: none"> • I am able to bowl a ball towards a target. • I am beginning to strike a bowled ball after a bounce. • I am developing an understanding of tactics and I am beginning to use them in game situations. • I am learning the rules of the game and I am beginning to use them honestly. • I can persevere when learning a new skill. • I can provide feedback using key words. • I can use overarm and underarm throwing, and catching skills. • I work co-operatively with my group to self-manage games. </td> <td style="vertical-align: top;"> <p>YEAR 4</p> <ul style="list-style-type: none"> • I am able to bowl a ball with some accuracy and consistency. • I am learning the rules of the game and I am beginning to use them to play honestly and fairly. • I can communicate with my teammates to apply simple tactics. • I can persevere when learning a new skill. • I can provide feedback using key terminology and understand what I need to do to improve. • I can strike a bowled ball after a bounce. • I can use overarm and underarm throwing, and catching skills with increasing accuracy. • I share ideas and work with others to manage our game. </td> </tr> </table>	<p>YEAR 3</p> <ul style="list-style-type: none"> • I am able to bowl a ball towards a target. • I am beginning to strike a bowled ball after a bounce. • I am developing an understanding of tactics and I am beginning to use them in game situations. • I am learning the rules of the game and I am beginning to use them honestly. • I can persevere when learning a new skill. • I can provide feedback using key words. • I can use overarm and underarm throwing, and catching skills. • I work co-operatively with my group to self-manage games. 	<p>YEAR 4</p> <ul style="list-style-type: none"> • I am able to bowl a ball with some accuracy and consistency. • I am learning the rules of the game and I am beginning to use them to play honestly and fairly. • I can communicate with my teammates to apply simple tactics. • I can persevere when learning a new skill. • I can provide feedback using key terminology and understand what I need to do to improve. • I can strike a bowled ball after a bounce. • I can use overarm and underarm throwing, and catching skills with increasing accuracy. • I share ideas and work with others to manage our game. 	<table border="0"> <tr> <td style="vertical-align: top;"> <p>YEAR 3</p> <ul style="list-style-type: none"> • I am developing jumping for distance. • I can identify when I was successful. • I can take part in a relay activity, remembering when to run and what to do. • I can throw a variety of objects, changing my action for accuracy and distance. • I can use different take off and landings when jumping. • I can use key points to help me to improve my sprinting technique. • I can work with a partner and in a small group, sharing ideas. • I show determination to achieve my personal best. </td> <td style="vertical-align: top;"> <p>YEAR 4</p> <ul style="list-style-type: none"> • I can demonstrate the difference in sprinting and jogging techniques. • I can explain what happens in my body when I warm up. • I can identify when I was successful and what I need to do to improve. • I can jump for distance with balance and control. • I can throw with some accuracy and power to a target area. • I show determination to improve my personal best. • I support and encourage others to work to their best. </td> </tr> </table>	<p>YEAR 3</p> <ul style="list-style-type: none"> • I am developing jumping for distance. • I can identify when I was successful. • I can take part in a relay activity, remembering when to run and what to do. • I can throw a variety of objects, changing my action for accuracy and distance. • I can use different take off and landings when jumping. • I can use key points to help me to improve my sprinting technique. • I can work with a partner and in a small group, sharing ideas. • I show determination to achieve my personal best. 	<p>YEAR 4</p> <ul style="list-style-type: none"> • I can demonstrate the difference in sprinting and jogging techniques. • I can explain what happens in my body when I warm up. • I can identify when I was successful and what I need to do to improve. • I can jump for distance with balance and control. • I can throw with some accuracy and power to a target area. • I show determination to improve my personal best. • I support and encourage others to work to their best.
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Vocab	<p>Catch, field, underarm, overarm, bowl, bat, grip, stance, wickets, runs, strike, short barrier, two-handed pick-up, in/out, accuracy, sportsmanship, umpire, run-out, pressure</p>	<p>Personal best, relay, accuracy, technique, baton, strength, speed, power, event</p>				



