

PE Long Term Planning and Progression Y3

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| Y3 2024- 25 | Catch up – KS1 – Playground Games in the 20 th | Y3/4 Invasion Games - Netball | Y3/4 Target Games - Boccia | Y3/4 Invasion Games Handball | Y3/4 Net and Wall – Core Task 1 | Y3/4 Athletics |
| Y3 2024- 25 | Dance – Sparks Might Fly | Y3 Gymnastics Core task 1 | Y3 Gymnastics Core task 2 | Dance – Ancient Egyptians | Y3/4 OAA Trust and Trials | Striking and Fielding - Rounders |
| | Swimming | Swimming | Swimming | Swimming | Swimming | Swimming |
| | <p><u>Games</u> Y3: Master most fundamental skills from KS1 and start to develop sport specific skills and perform them with some accuracy. 3 v 1</p> <p>Y4: Master fundamental movement skills and start to develop sport specific skills performing them with consistency and accuracy</p> <p>4 v 2 <u>Y3/4</u> Be aware of and use space Know and use rules fairly Throw and catch accurately with one hand Strike ball accurately with control Vary tactics and adapt game Develop sport specific skills and perform them with accuracy</p> | | <p><u>Dance</u> Y3: Perform freely, translating ideas from a stimulus into movement using dynamic, rhythmic and expressive qualities clearly and with control. Y4: Perform dances clearly and fluently and show sensitivity to the dance idea and the accompaniment.</p> | | <p><u>Gymnastics</u> Y3: Master most fundamental skills from KS1 and start to develop sport specific skills and perform them with some accuracy and extension. Travel – Feet & hands and feet Balance – small body parts, Jump – 2 foot jump and land, Rolling – basic roll Sequence of 6 actions Y4: Master fundamental movement skills and start to develop sport specific skills performing them with consistency, accuracy and some control. Travel – Feet & hands and feet, Balance – large body parts, dish and arch, one foot balance, Jump – different shapes when jumping. Jump ¼ & ½ turn, Rolling – basic rolls Sequence of 6 actions which must include one roll, one jump and one balance. Partner Work</p> | |
| | | | <p><u>Athletics Y3/4</u> Master fundamental movement skills and start to develop athletic specific skills performing them with consistency and accuracy. Throwing – push, pull and sling Hop, step and jump Combination of jumping actions</p> | | | |

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| Y3 2024- 24 | Catch up – KS1 – Playground Games in the 20 th | Y3/4 Invasion Games - Netball | Y3/4 Target Games - Boccia | Y3/4 Invasion Games Handball | Y3/4 Net and Wall – Core Task 1 | Y3/4 Athletics |
| Y3 2023- 24 | Dance – Y3/4 Roll and Rock | Dance – Y3/4 Iron Man | Y3 Gymnastics Core task 1 | Y3 Gymnastics Core task 2 | Y3/4 OAA Trust and Trials | Striking and Fielding - Rounders |
| | Swimming | Swimming | Swimming | Swimming | Swimming | Swimming |
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PE Long Term Planning and Progression Y4

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| Y4 2024- 25 | Y3/4 Invasion Games- On the Attack | Y3/4 Invasion Games - Basketball | Y3/4 Target Games - Dodgeball | Y3/4 Invasion Games Rugby 1 | Y3/4 Net and Wall – Core Task 2 | Y3/4 Athletics |
| Y4 2024- 25 | Dance – Sparks Might Fly | Y4 Gymnastics Core task 1 | Y4 Gymnastics Core task 2 | Dance- Ancient Egyptians | Y3/ 4 Team work and Problem Solving | Striking and Fielding -Cricket |
| | <p><u>Games</u> Y3: Master most fundamental skills from KS1 and start to develop sport specific skills and perform them with some accuracy. 3 v 1</p> <p>Y4: Master fundamental movement skills and start to develop sport specific skills performing them with consistency and accuracy</p> <p>4 v 2</p> <p><u>Y3/4</u> Be aware of and use space Know and use rules fairly Throw and catch accurately with one hand Strike ball accurately with control Vary tactics and adapt game Develop sport specific skills and perform them with accuracy</p> | | <p><u>Dance</u> Y3: Perform freely, translating ideas from a stimulus into movement using dynamic, rhythmic and expressive qualities clearly and with control.</p> <p>Y4: Perform dances clearly and fluently and show sensitivity to the dance idea and the accompaniment.</p> | | <p><u>Gymnastics</u> Y3: Master most fundamental skills from KS1 and start to develop sport specific skills and perform them with some accuracy and extension. Travel – Feet & hands and feet Balance – small body parts, Jump – 2 foot jump and land, Rolling – basic roll Sequence of 6 actions Y4: Master fundamental movement skills and start to develop sport specific skills performing them with consistency, accuracy and some control. Travel – Feet & hands and feet, Balance – large body parts, dish and arch, one foot balance, Jump – different shapes when jumping. Jump ¼ & ½ turn, Rolling – basic rolls Sequence of 6 actions which must include one roll, one jump and one balance. Partner Work</p> | |

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