



PE Medium Term Plans

Year 3 and 4

Sports:

Hockey, Football, Netball, Cricket, Tag Rugby and Athletics

Gymnastics, Swimming, Fitness, Tennis, Outdoor Education, Rounders and Dance

Golden Threads:

How you win/score/improve at a sport or performance?

How do you move your body to participate?

How to defend or attack in a sport in a team or individually

What equipment will you need for each sport or performance?

How does sport affect fitness, stamina and strength?

How to communicate with team in sports or performances

Long Term Plans	Enquiry	Objectives	Golden Threads Links
Hockey	How to use equipment safely and effectively to move a ball.	1. How to hold a hockey stick and to pass the ball forward. 2. How to dribble the ball in different directions thinking about grip on the stick and bending back to get closer to ball. 3. How to block the ball or tackle safely using the stick correctly.	• Equipment - Hockey Sticks, balls and goals • Dribbling • Passing • Scoring • Tackling or blocking • Goals • Body positions - Hand grip

		- How to hit the ball with power and accuracy whilst maintaining control of the hockey stick. - How to communicate with team mates in a game in order to pass and receive the ball. - How to attack and defend as a team.	Body movements – Ready position, bend back.
Swimming	How to safely swim 25 meters in a variety of strokes	- How to enter and exit the pool safely and with confidence moving in the water (ability dependent.) - How to move forwards in the water - developing stroke techniques of doggy paddle or front crawl. - How to breath in rhythm pattern to develop front crawl - How to move arms and legs in time for breast stroke - How to put head in and out of water and control breathing for breast stroke. - How to float on back and in tuck position. - How move backwards in the pool using the backstroke technique - How to start a race effectively pushing off from the side - How to dive to bottom of pool to retrieve an object. - How to swim 25m using 3 different strokes as above.	- Body Movement - Front crawl, Breast stroke and Back strok - Floating positions - Communication in performance - Fitness, stamina and strength - Improving performance through self and peer evaluation. - Diving under water

Football	Learning the art of defending and attacking while improving ball control	1. How to kick the ball for an accurate pass with increasing distances. 2. How to move with the ball and shoot at a target or goal. 3. How to tackle an attacker or block a pass to make an interception. 4. How to score as an attacker or save a ball while being a goalkeeper. 5. How to communicate with team mates in a game to pass or receive a ball. 6. How to take throw ins, corner kicks and goal kicks.	• Equipment - Footballs and Goals. • Passing • Shooting • Blocking or intercepting • Attacking and Defending • Throwing • Communication for passing • Dribbling and moving into space • Scoring goals • Saving goals • Corners and goal kicks
Netball	Improving throwing and catching skills in order to accurately move the ball	1. How to throw the ball for an accurate pass including: bounce, chest and shoulder pass. 2. How to move into space to receive the ball. 3. How to intercept or block the ball when defending 4. How to pivot their foot to change direction of a pass. 5. How to score and where from as a goal attack or goal shooter. 6. How to communicate with team mates in a game in order to pass or receive the ball.	• Equipment - Netball and goals and bibs with positions • Ready position • Pivot • Throwing and Catching • Attack and Defend • Scoring • Communication for passing • Move into space • Goal shooter and Goal attack • Goal keeper and Goal Defence

Fitness	To understand the link between exercise and it's effects on our body.	1. Introduction to Fitness and children discovering how different exercises affect their breathing and heart rate. 2. Understand the term cardiovascular fitness and aerobic exercises 3. To develop strength and balance exercises that work on specific areas of the body. 4. To understand how agility and co-ordination exercises improve abilities in sport. 5. To explore how flexibility and relaxation exercises can have positive effects on stress levels 6. Children begin to design their own fitness challenge incorporating the lessons from above.	• Fitness, strength and affects on body • Cardiovascular and aerobic • Balance • Agility and co-ordination • Flexibility and relaxation • Stress • Communicating with partner on success of exercise and analysing performance.
Cricket	To develop skills of batting and bowling in order to play matches.	1. Introduce children to the equipment they will use this term including: bat, ball and stumps - showing grip on bat and ball. 2. How to be reactive in a fielding position working on catching, retrieving and throwing a ball. 3. To explore different ways to hit a ball in attack and defensive positions (front foot or back foot) Also look at how to score in cricket by running between wickets. 4. To develop different styles of bowling including under arm and straight arm over arm. 5. To understand the simple rules and position for quick cricket including how to score,	• Equipment:- Cricket bat and balls plus stumps. • Communication of players to score or get players out. • Develop body movements of fielding or striking ball. • Bowling and Batting and Catching position • Front foot and back foot • Wicket Keeper and Slip

		how to get someone out and simple positions like wicket keeper and slip. 6. To work on communication when playing as a team. Include batters deciding where to run and fielders deciding where to throw the ball.	
Tennis	To develop shots so that they can play with a partner.	1. How to hold a tennis racket (either one hand or in two hands) to hit a forehand shot with improving accuracy. 2. How to hold a tennis racket (either one hand or in two hands) to hit a backhand shot. 3. How to volley a tennis ball with the racket so the ball goes to a targeted area e.g over net. 4. How to serve the ball overarm so the ball goes over the net. 5. How to create a rally with a partner hitting with shots previously learned. 6. How to score a simple game with a partner.	• Equipment: Tennis racket, ball and net. • Forehand • Backhand • Volley • Serve • Rally • Scoring • Assess performance and how to improve
Tag Rugby	Know the basic rules of the game and increase speed and agility.	1. Introduction to Tag Rugby ball and the basic rules such as passing sideways or back and how to tag fairly. 2. How to hold the ball and pass sideways or diagonally backwards using underarm swing action. 3. Understand basic rules of the game including tagging and scoring. 4. Develop strategies for attacking and defending including evading being	• Equipment:- Tag rugby ball and belts with tags. • Tagging • Evading • Formation • Passing sideways • Scoring • Communicating to pass

		tagged, release pass as tagged and formation to defend. - How to communicate effectively with team mates to pass and receive the ball. - Applying skills to play small sided games	
Rounders	Explore the basic rules of game and increase skill of batting, bowling and fielding.	- Introduction to Rounders including how to hold a bat, running between bases and how you get caught or run out. - Develop batting and running ability focusing on the grip and swing. Children will grow in confidence about when to steal a base or when to stop running. - Improve throwing ability for length and accuracy. Children also develop understanding of which base to throw to in order to run out batter. Also look at underarm throw to improve speed and accuracy. - Understand simple game strategies including fielding positions and which base to throw to. Explore the role of backstop throwing to first or fourth base quickly. - How to communicate effectively in order to work as a team looking at good instructions under pressure and encouragement to team mates. - Apply skills to game and assess progress.	- Equipment: Rounders Bat and ball with 4 posts for bases. - Bases - Bowling and Batting - Throwing and Catching - Communication in field - Back stop - Decision making

Athletics	To increase wider range of skills in area of running, jumping and throwing.	1. Recap on main athletic events looking at basic running, jumping and throwing skills. Focus on Sprinting action and how to make quick start. 2. How to jump forward over a hurdle with front leg out in front of body. 3. How to sprint towards the long jump pit on run up and body position as they jump into the air. 4. How to run in curved line towards the high jump bar and how to do a scissor kick landing on feet on matt. 5. Explore the techniques of throwing a tennis ball and javelin using power from legs and rotation at hip. 6. Understand the different stamina needed for endurance running compared to relay races.	• Equipment: sandpit, white hurdles, tennis balls, foam javelins, relay baton, high jump matt and posts with flexible bar. • Fitness, Stamina and Strength • Speed • Distance • Body positions for running, jumping and throwing.
Dance	To explore more complex movements and ideas along with music.	1. How to link rhythm of music to their simple body movement e.g walking, jumping and spinning. 2. How to mirror a partners body movement to create a parallel dance 3. How to use traditional dance from other culture 4. How to refine movements of traditional dance assessing with a partner. 5. How to apply movements to simple cultural story. 6. How to work with a small group to perform combination of movements.	• Body movements and shapes • Walking, jumping and spinning. • Mirroring • Traditional and Cultural dances • Self and peer assessments.

