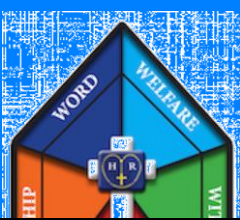




Lower Key Stage 2 - PE

	Dance	Games	Gymnastics
Year 3	<ul style="list-style-type: none"> • Improvise freely on own or with a partner, perform and repeat sequences. • Translate ideas from stimuli into movement demonstrating a definite idea individually, with partner or small group. • Use dance vocabulary. • Demonstrate rhythm and spatial awareness. • Evaluate performance. 	<ul style="list-style-type: none"> • Control and catch a large ball whilst moving. • Catch a small ball with control. • Accurately and appropriately pass to someone else in a game. • Use tactics for attack and defence. • Play fairly. • Know reasons for warming up. 	<ul style="list-style-type: none"> • Show changes of direction, speed and level. • Travel in a variety of ways, including flight – transferring weight to generate power in movements. • Control more complex balances creating interesting body shapes for more than 5 seconds. • Link ideas, skills and techniques.
Year 4	<ul style="list-style-type: none"> • Improvise freely with a partner or small group to plan, perform and repeat sequences. • Compare, develop and adapt movement and motifs to create longer dances within a small group. • Vary dynamics, levels, speed and direction. • Modify their performance and compare with previous ones. 	<ul style="list-style-type: none"> • Move with a ball in opposed situations by maintaining possession. • Hit a ball accurately and with some control. • Pass accurately and appropriately. • Catch a ball accurately whilst moving. • Discuss why exercise is good for your health. • Play fairly. 	<ul style="list-style-type: none"> • Swing and hang from equipment safely and with control using hands. • Link ideas, skills and techniques with control, precision and fluency when creating sequences alone and with others. • Understand compositions by performing more complex sequences. • Support own body weight.

Lower Key Stage 2 - PE



	Athletics	OAA	Swimming
Year 3	<ul style="list-style-type: none"> • Jump in a number of ways. • Demonstrate a range of throwing actions including underarm and overarm. • Improve running technique at different speeds. • Hit a target using a throwing technique. • Use a jumping technique to hit a target. • Evaluate performance. 	<ul style="list-style-type: none"> • I can solve simple problems alone and with a partner • I can complete tasks whilst keeping myself and others safe • I can play my part within a team • I know the points on a compass • I can orientate a map of school grounds with some support • I can plan and follow a route on a map 	<ul style="list-style-type: none"> • Enter the pool confidently. • Travel 5m on front and back with aids. • Push and glide to horizontal position on front and back. • Travel 10m on front and back. • Complete horizontal floating position and regain standing position.
Year 4	<ul style="list-style-type: none"> • Jump in a number of ways and use a run up where appropriate. • Sustain a running technique at different speeds for both short and long distances. • Cover distance using a throwing technique. • Use a jumping technique to cover distance. • Compete with others and aim to improve my personal best. • Identify and explain good athletic performance 	<ul style="list-style-type: none"> • I can complete tasks whilst keeping myself and others safe • I can lead an activity • I can play my part in a team • I can support others and ask for help if the situation requires it • I can be resilient when solving a problem and use initiative to find another solution if needed (Don't give up) • I can orientate a map of school grounds or a park to what I can see around me • I can plan and follow a route on a map • I can plan what features I will pass on my route and tick them off as I go (collecting features) • I can identify a feature to stop me going too far on each leg (section) of a route (catching feature) 	<ul style="list-style-type: none"> • Jump into the water unaided. • Submerge completely and pick up an object from the floor. • Climb out of the pool without the aid of steps. • Stand with the face in the water, breathe to the side 6 times, exhaling into the water. • Swim 25m using arms and legs. • Swim 5m on the front, log roll onto back and swim for a further 5 m. • Water safety – scull, tread water, perform a reaching rescue.



Lower Key Stage 2 - PE