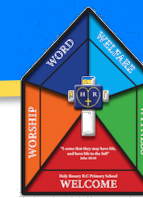


Lower Key Stage 2 - PE



Year 3

Year 3		
Dance	Gymnastics	Yoga
<ul style="list-style-type: none"> To be able to be respectful of others when watching them perform. To be able to provide feedback using key words. To be able to repeat, remember and perform a dance phrase. To be able to use counts to keep in time with a partner and group. To be able to use dynamic and expressive qualities in relation to an idea. To be able to work with a partner and in a small group, sharing ideas. To be able to create short dance phrases that communicate the idea. 	<ul style="list-style-type: none"> To be able to adapt sequences to suit different types of apparatus. To be able to choose actions that flow well into one another. To be able to complete actions with increasing balance and control. To be able to provide feedback using key words. To be able to use matching and contrasting actions in a partner sequence. To be able to use a greater number of my own ideas for movements in response to a task. With help, To be able to recognise how performances could be improved. 	<ul style="list-style-type: none"> To be able to copy and link yoga poses together to create a short flow. To be able to describe how yoga makes me feel. To be able to move from one pose to another considering my breath. To be able to provide feedback using key words. To be able to work with others to create a flow including a number of poses. To be able to show some stability when holding my yoga poses.
Canon, explore, extent, feedback, formation, interact.	Body tension, extend, landing position, points, contrast, flow, match, patch, takeoff.	Link, control, tools, mindfulness, hinge, extend, base, contact.
Ball skills		Swimming
<ul style="list-style-type: none"> To be able to catch different sized objects with increasing consistency with two hands. To be able to dribble a ball with control. To be able to persevere when learning a new skill. To be able to provide feedback using key words. To be able to show a variety of throwing techniques. To be able to throw with accuracy and increasing consistency to a target. To be able to track the path of a ball that is not sent directly to me. 		<ul style="list-style-type: none"> To be able to swim competently, confidently and proficiently over a distance of at least 25 metres To be able to perform safe self-rescue in different water-based situations To be able to use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
Power, block, opponent, personal-best, possession, accurate, technique.		Backstroke, breaststroke, floating, front, crawl, handstand, huddle, sidestroke, sinking, tactics, surface, surface, dive, technique, treading water, water safety.

Lower Key Stage 2 - PE



Year 4

Year 4		
Dance	Gymnastics	Yoga
<ul style="list-style-type: none"> To be able to choose actions and dynamics to convey a character or idea. To be able to copy and remember set choreography. To be able to provide feedback using appropriate language relating to the lesson. To be able to respond imaginatively to a range of stimuli relating to character and narrative. To be able to use changes in timing and spacing to develop a dance. To be able to use counts to keep in time with others and the music. To be able to use simple movement patterns to structure dance phrases on my own, with a partner and in a group. To be able to show respect for others when working as a group and watching others perform. 	<ul style="list-style-type: none"> To be able to explain what happens to my body when I exercise and how this helps to make me healthy. To be able to plan and perform sequences with a partner that include a change of level and shape. To be able to provide feedback using appropriate language relating to the lesson. To be able to safely perform balances individually and with a partner. To be able to watch, describe and suggest possible improvements to others' performances and my own. To be able to understand how body tension can improve the control and quality of my movements. 	<ul style="list-style-type: none"> To be able to describe how yoga makes me feel and can talk about the benefits of yoga. To be able to link poses together to create a yoga flow. To be able to provide feedback using key terminology and understand what I need to do to improve. To be able to transition from pose to pose in time with my breath. To be able to work collaboratively and effectively with others. To be able to demonstrate yoga poses which show clear shapes. To be able to show increasing control and balance when moving from one pose to another.
Action, reaction, phrase, relationship, rhythm, flow, order, performance, represent, structure.	Bridge, inverted, perform, shoulder, stand, fluidly, momentum, rotation, stability, wrist grip.	Gratitude, well-being, notice, stable, lengthen.
Ball skills	Swimming	
<ul style="list-style-type: none"> To be able to accurately use a range of throwing techniques to throw to a target. To be able to catch different sized objects with increasing consistency with one and two hands. To be able to consistently track the path of a ball that is not sent directly to me. To be able to dribble a ball with increasing control and co-ordination. To be able to persevere when learning a new skill. To be able to provide feedback using key terminology and understand what I need to do to improve. 	<ul style="list-style-type: none"> To be able to swim competently, confidently and proficiently over a distance of at least 25 metres To be able to use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] To be able to perform safe self-rescue in different water-based situations 	
Decision, caution, pressure, react, momentum.	Alternate, buoyancy, rotation, schooling, survival, submerge.	