



Holy Family Catholic Primary School – PE Topic Overviews



Cycle B – Lower Key Stage 2 - Years 3 and 4

Term 1a Outdoor/Adventurous activities	Term 1b Gymnastics	Term 2a Invasion Games – Tag Rugby Focus	Term 2b Net/Wall – Badminton Focus	Term 3a Athletics	Term 3b Striking and Fielding Rounders Focus
Fitness	Dance	Basketball Focus	Tennis Focus	Athletics	Cricket Focus
<p>Work cooperatively and successfully as part of a team</p> <p>Plan activities to achieve success</p> <p>Communicate effectively with other people</p> <p>Meets challenges effectively working as part of a team</p> <p>To demonstrate all the physical skills needed for orienteering: agility, balance, and co-ordination</p>	<p>To perform 9 key shapes.</p> <p>Devise and perform a gymnastic sequence, showing a clear beginning, middle, and end</p> <p>Show control, accuracy and fluency of movement when performing actions on their own</p> <p>Create, perform and repeat sequences that include changes of dynamics e.g. changes of level, speed or direction</p> <p>Combine actions to make sequences with changes of speed, level and direction, and clarity of shape</p>	<p>Keep control of the ball when running</p> <p>Move in different directions learning to move away from your opponent / partner.</p> <p>Learn to run as a line, like a team would in rugby</p> <p>Improve passing and catching skills whilst on the move</p> <p>Move forward to attack as part of a team</p> <p>To work as part of a team when defending</p>	<p>Watch, track and catch a shuttle successfully.</p> <p>Begin to hit a shuttle with confidence</p> <p>Balance the shuttle on the racket with some control</p> <p>To demonstrate a fast-paced chasse movement</p> <p>Hit the shuttle in the air whilst in a space</p> <p>Perform a forehand serve accurately to a partner/opponent</p>	<p>Choose the appropriate running speed to meet the demand of the task</p> <p>Understand how to pace your speed when running over an increased distance</p> <p>Combine basic jump actions to form a jump combination</p> <p>Develop technique throwing technique</p> <p>Learn how to evaluate and recognise their own success</p>	<p>Throw a ball with increasing accuracy</p> <p>Catch a ball with increasing control</p> <p>Successfully hit a ball from a tee</p> <p>Hit a ball towards a target</p> <p>Choose fielding skills to make it more difficult for an opponent</p> <p>Participate in modified competitive games, showing good teamwork</p>
<p>Develop lower body strength and fitness</p> <p>Develop speed and aerobic endurance</p> <p>Develop upper body strength and fitness</p> <p>Show self-belief and determination to manage and accomplish tasks</p> <p>Improve balance and body coordination when moving in combination</p> <p>Discuss the importance of leading healthy, active lifestyles</p>	<p>Use different compositional ideas to create motifs incorporating unison, canon, action and reaction, question and answer</p> <p>Create, perform and repeat sequences that include changes of dynamics e.g. changes of level, speed or direction</p> <p>Communicate what they want through their dances and perform with fluency and control, showing sensitivity to accompaniment and to others</p> <p>Identify what they need to practice to improve their performance.</p>	<p>Pass and send the ball with increasing accuracy.</p> <p>Move with the ball keeping it under control.</p> <p>Pass the ball in different ways.</p> <p>Find and use space well to keep possession.</p> <p>To apply basic attacking and defending principles.</p> <p>Play in small sided games, employing simple tactics</p>	<p>Watch, track and catch a tennis ball successfully</p> <p>Perform a basic backhand shot and forehand pass with increasing control</p> <p>Keep a rally going using a range of shots</p> <p>Hit a ball into a space at different speeds and heights to try to beat an opponent.</p> <p>To compete with others</p>	<p>Communicate, collaborate and compete with others</p> <p>Show control, coordination and consistent when running</p> <p>Show control, coordination and consistent when throwing</p> <p>Show control, coordination and consistent when jumping</p>	<p>Throw a ball with increasing accuracy</p> <p>Catch a ball with increasing control.</p> <p>Successfully hit a ball from a tee.</p> <p>Hit a ball towards a target</p> <p>Choose fielding skills to make it more difficult for an opponent.</p> <p>Participate in modified competitive games, showing good teamwork</p>