



Holy Family Catholic Primary School

Computing, Music & PE Autumn 1A Overview

Lower Key Stage 2 – Years 3 and 4

Computing	Music	PE	
My Online Life (Digital Literacy)	Body and Tuned Percussion (Theme: Rainforests)	Outdoor/Adventurous	Fitness
<p>What is your online identity?</p> <p>How can you build positive online relationships and be a good digital citizen?</p> <p>How can I create a positive online reputation?</p> <p>What is online bullying and what can I do about it?</p> <p>Do you really know how to use the internet?</p> <p>Can technology impact on your health?</p> <p>How secure are you with your online information and accounts?</p> <p>Who owns the information on the internet?</p>	<p>To identify structure and texture in music.</p> <p>To use body percussion.</p> <p>To create musical rhythms using body percussion.</p> <p>To create simple tunes.</p> <p>To build and improve a composition.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<p>Develop lower and upper body strength and fitness.</p> <p>Work well both independently and in small groups.</p> <p>Understand what aerobic exercise is.</p> <p>Develop speed and aerobic endurance.</p> <p>Improve balance and body coordination when moving in combination.</p> <p>Demonstrate correct techniques of core strength fitness exercises.</p>