



# Holy Family Catholic Primary School – PE Topic Overviews



## Cycle A - Lower Key Stage 2 - Years 3 and 4

Term 1a Outdoor/Adventurous	Term 1b Gymnastics	Term 2a Football	Term 2b Badminton	Term 3a Athletics	Term 3b Rounders
<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 flexibility, strength, technique control and balance.</p> <p>To perform 9 key shapes.</p> <p>To move with different body parts showing accuracy and fluency of movement.</p> <p>To move on different levels, at different speeds.</p> <p>To create sequences of movements, shapes balance and rolls.</p>	<p>Use a range of tactics to keep possession of a ball.</p> <p>Move with a ball, keeping it under control while changing direction.</p> <p>To pass the ball using the inside of the foot.</p> <p>Pass and send a ball with increasing accuracy.</p> <p>Receive a ball successfully by stopping with my feet.</p> <p>Shoot a stationary football and score with increased success.</p>	<p>Can watch, track, and catch a shuttle successfully.</p> <p>To perform a basic forehand action with increasing accuracy.</p> <p>To perform a basic backhand shot with increasing control.</p> <p>To keep a rally going using a range of shots.</p> <p>To hit a shuttle into space (at different speeds and heights) to try beat an opponent.</p> <p>To compete with others.</p>	<p>To run in races of varied distances.</p> <p>To take part in athletic events.</p> <p>To perform competitively with others.</p> <p>Show control, coordination and consistency when running, throwing and jumping.</p>	<p>Intercept and stop the ball consistently when fielding.</p> <p>Throw a ball over increasing distances.</p> <p>Catch a ball with increasing consistency.</p> <p>Hit a ball with increasing control from a tee towards a target.</p> <p>Employ simple tactics in game situations.</p>
Fitness	Dance	Handball	Tennis	Athletics	Cricket
<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>	<p>Explore and create narratives in response to a range of stimuli.</p> <p>Perform dances using a range of movement.</p> <p>Show control, accuracy and fluency of movement when performing on own.</p> <p>Link movement patterns together.</p> <p>Create, practise and perform more complex dance.</p>	<p>Pass and receive the ball with increasing control and accuracy.</p> <p>Keep the ball under control whilst moving.</p> <p>Pass a ball over different distances.</p> <p>Choose a space/position suitable for receiving a pass.</p> <p>Dribble when under pressure.</p> <p>To defend by marking an opponent.</p>	<p>Watch, track and catch a tennis ball.</p> <p>To perform a basic forehand with increasing accuracy.</p> <p>To perform a basic backhand shot with increasing control.</p> <p>Intercept and stop the ball consistently.</p> <p>Keep a rally going using a range of shots.</p> <p>To hit the ball into a space to try and beat an opponent.</p>	<p>To throw an object by overarm, pushing, pulling and slinging.</p> <p>To combine different types of jumping.</p> <p>To run for distance.</p>	<p>To intercept and stop the ball consistently.</p> <p>Throw a ball over increasing distances.</p> <p>Catch a ball with increasing consistency.</p> <p>Use the correct technique to hit a ball from a tee with increasing control.</p> <p>To employ simple tactics in game situations.</p> <p>Choose fielding skills to make it difficult for an opponent</p>