**PE at Key stage 2.**

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

 Pupils should be taught to:

* use running, jumping, throwing and catching in isolation and in combination
* play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
* develop flexibility, strength, technique, control and balance [ through athletics and gymnastics]
* perform dances using a range of movement patterns
* take part in outdoor and adventurous activity challenges both individually and within a team
* compare their performances with previous ones and demonstrate improvement to achieve their personal best.
* swim competently, confidently and proficiently over a distance of at least 25 metres
* use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
* perform safe self-rescue in different water-based situations.

**The Year 3 Curriculum**

**Swimming**

Pupils are taught how to swim competently and proficiently over a distance of at least 25 metres. They are taught to use a range of strokes effectively, for example front crawl, backstroke and breaststroke. They are taught to perform safe self-rescue, for example how to enter the water safely, tread water and maintain correct body position to retain as much body heat as possible.

Year 3 and Year 4 attend swimming lessons once a week in the autumn and spring terms. Year 1 and Year2 attend swimming lessons for half a term each in the summer term.

**Invasion Games**

**In this unit**: Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using a range of throwing, catching and dribbling skills. They will start by playing uneven and then move onto even sided games. They will start to think about defending another player. Children will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They will learn how to evaluate their own and others’ performances, and how to identify an area for improvement. This two focus sports in this area are Basketball and Football.

**Gymnastics**

**In this unit:** Pupils focus on improving the quality of their movement, *eg by stretching fingers and pointing toes,* to help them produce tension and extension. They plan and perform sequences of contrasting actions, and develop flow by linking actions smoothly and planning variations in speed. In Gymnastics as a whole, pupils use skills and agilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible.

**Dance**

**In this unit** children perform dances, focusing on creating, adapting and linking a range of dance actions. These are inspired by a variety of subjects. They work with a partner and in small groups. In dance as a whole, children think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts.

**Athletics**

**In this unit:** Pupils concentrate on developing good basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, children think about how to achieve the greatest possible speed, height, distance or accuracy.

**Striking and Fielding**

**In this unit:** Pupils learn how to hit or strike the ball into spaces, so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters’ scores down. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In Cricket, pupils achieve this by striking a ball and trying to deceive or avoid fielders, so that they can run between wickets to score runs. When fielding, they try to prevent runs or points being scored. In Rounders, pupils achieve this by hitting a ball and trying to deceive or avoid fielders, so that they can run between bases to score runs. When fielding, they try to prevent Rounders being scored.

**Net**

**In this unit**: Pupils focus on developing the skills they need for Tennis and Volleyball such as the ready position, racket control, hitting a ball and how to use these skills to make the game difficult for their opponent. They learn to direct the ball towards the target area and away from their opponent. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In Tennis, pupils achieve this by sending a ball towards the court area, which their opponent is defending. The aim is to get the ball to land in the target area and make it difficult for the opponent to return it.