



Broadwood 3/4 Following the Year 3 curriculum	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Indoor</b></p> 	<p><b>Dance</b></p> <p>Practise different sections of a dance aiming to put together a performance – to include using facial expressions and performing with a prop</p>	<p><b>Real PE</b></p> <p><b>Unit 2 – Social skills</b></p> <p>Physical focus on dynamic balance to agility and static balance (seated)</p>	<p><b>Gymnastics</b></p> <p>Develop body management over a range of floor exercise and attempt to bring explosive moves into this through jumps and leaps whilst showing increasing flexibility in shapes and balances</p>	<p><b>Real PE</b></p> <p><b>Unit 3 – Cognitive skills</b></p> <p>Understand the simple tactics of attacking and defending. Explain what you are doing well and begin to identify areas for improvement.</p>	<p><b>Athletics</b></p> <p>Demonstrate agility and speed; jump for height and distance with control and balance; and throw with speed and power and apply appropriate force</p>	<p><b>Real PE</b></p> <p><b>Unit 4 – Creative skills</b></p> <p>Make up own rules and versions of activities. Respond differently to a variety of tasks or music and select and link movements together to fit a theme.</p>
<p><b>Outdoor</b></p> 	<p><b>Swimming</b></p> <p>Perform safe self-rescue in different water-based situations.</p> <p>Swim competently, confidently and proficiently over a distance of <b>at least</b> 25 metres.</p> <p>Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.</p>	<p><b>Football</b></p> <p>Basic control skills of sending and receiving; send the ball with some accuracy to maintain possession and build attacking play; implement the basic skills of football</p>	<p><b>Basketball</b></p> <p>Perform some basic basketball skills, throwing, catching and dribbling.</p> <p><b>Building attacking/offensive play. Implement some basic rules of basketball.</b></p>	<p><b>OAA</b></p> <p>Show working as part of a team Communicate to solve problems To use strength and flexibility to complete a task To identify basic symbols on a map To complete tasks using symbols and maps To work with others to complete simple map reading tasks</p>	<p><b>Tennis</b></p> <p>Identify and describe some rules of tennis; serve to begin a game; and explore forehand hitting</p>	<p><b>Cricket</b></p> <p>Adhere to some of the basic rules of cricket; develop a range of skills to use in isolation and a competitive context; and use basic skills with more consistency including striking a bowled ball</p>