

Curriculum end points – Year 3

By the end of year 4, pupils will be able to...		
HEAD (cognitive/thinking)	HANDS (psychomotor / doing)	HEART (affective/ behavioural)
<ul style="list-style-type: none">• Select and apply tactical strategies in individual and team game context.• Identify and learn how to apply the attacking and defencing principles.• Assess and analyse own performances - to recognise achievements and areas for development to achieve personal bests.• Solve problems through decision making, as an individual, in an unopposed environment.• Understand the impact of exercise on the body, both short and long term.	<ul style="list-style-type: none">• To have refined and mastered the range of basic FMS.• Apply a range of physical skills acquired in a range of competitive games and small sided games and physical activities.• Develop strength, flexibility, technique, control and balance.• Compose and perform dances using coordination and control.• Swim a minimum of 25m in a range of strokes competently, confidently and proficiently.	<ul style="list-style-type: none">• Use a range of communication methods, styles and language appropriate to the context, effectively.• Co-operate within a group/team; respecting and valuing other members.• Manage their own emotional intelligence i.e empathy, self-awareness, growth mindset and discipline.• Display school key values in PE, School sport and Physical activity.

Skills and knowledge

Games

- I can change direction with speed, control and coordination.
- I can accurately pass using a range of passes (chest, bounce, overhead)
- I can pass and receive on the move and signal for possession of the ball.
- I can strike a ball with reasonable control and accuracy.
- I can begin to use simple and attacking principles in a game. (e.g. keeping and winning back possession, finding space to support teammates.)

Gym

- I can create a range of body shapes with control and confidence.
- I can travel in a range of ways showing coordination and control.
- I can perform a range of jumps including some shapes in the air.
- I can link a combination of actions together showing different speeds and levels.

Dance

- I can perform a range of movements with fluency using dynamic, rhythmic and expressive qualities.
- I can respond to a range of different music and stimuli and translate this into movements.
- I can dance with a partner/small group and communicate moods, ideas and feelings.

Athletics

- I can understand the importance of adjusting running pace to suit different distances.
- I can throw with great control and accuracy, especially when throwing overarm at distances.
- I can perform jumps with one and two feet take off/landings.

OAA

- I can find points on a map/diagram (within school).
- I can plan and follow simple routes and directions.

Swimming (dry)

- Have an understanding of 'water safety'
- Be aware of the importance of swimming and being water confident.