

Year 3 and 4 Physical Education Curriculum Map

In summary, children throughout each term will learn to develop a number of skills including: balance, coordination, counter-balance, agility, reaction and retrieval. These skills are taught, learnt and tested throughout each unit through a variety of games and activities.

IT'S JUST THE
BEGINNING!

Unit 6

Unit 6 involves many of skills learnt throughout unit 5, however the children are testing themselves by chasing a ball. Using retrieval, agility and reaction skills to improve their time throughout the week.



Unit 6: Ball Chasing



Unit 5

During unit 5, children develop their physical skills with a focus on reaction and response. Many of the FUN stations are now focussed on reaction times and improving those reaction times throughout this unit.

BELIEVE IN
YOURSELF

Unit 5: Agility: reaction/ response



Unit 4

Unit 4 works on the creative skills that the children will use during the PE lessons while also focussing on counter-balancing, coordination and working with equipment. Throughout this unit, teamwork is used during most of the activities and FUN cards to continue to develop the social aspect of sport. FUN cards focus on counter-balance activities and ball skills.



Unit 4: Co-ordination with equipment

Unit 3

As children progress, balls are now introduced into Unit 3. This is in tangent with the skills that they also have been learning from the previous 2 units. FUN cards are still being used and now the focus involves balance, coordination and ball skills.

Unit 3: Dynamic Balance

Unit 2

In Unit 2, children are focussing on developing their dynamic balance and agility. To develop the whole child through PE, our focus for this unit is the social side. Using positive language and phrases to encourage our teammates or ourselves to achieve a better result and improving our growth mind-set. Again a mixture of FUN cards and direct teaching of a skill is prominent throughout this unit. Jumping, turning, landing and balancing are key skills that children are developing throughout this unit.



Unit 2: Dynamic balance with agility



At the end of each unit, we revisit the first lesson to remind ourselves what we have covered over the unit and then attempt to beat our previous score from lesson 1.

Unit 1: Coordination and floor movement patterns



Unit 1

Within this unit, children are introduced to the concept of developing their personal skills with a focus on coordination throughout their first unit. Throughout the first six lessons, pivots, side-steps, hopping and jumping are taught discreetly as a skill and then practiced using the FUN station cards. These cards involve varying degrees of challenge depending on how confident the child is feeling. These skills are then moved into a game format whereby the children can practice these skills within a different environment that may also encompass another skill.