

PE Skills Year 3 and 4

	Acquiring and developing skills	Selecting and applying skills, tactics and compositional ideas	Evaluating and improving performance	Knowledge and understanding of fitness and health	Vocabulary
Year 3	Pupils consolidate existing skills applying them with greater control and co-ordination and gain new ones.	With encouragement pupils select and use skills and ideas appropriately beginning to apply them with control and co-ordination. They understand and apply a wider range of tactics and compositional ideas in play.	Pupils can talk about similarities and differences to and from the work of others. As a group they can use this to improve their performances.	Pupils give reasons why they warm up and before exercise and why physical activity is good for their health.	Speed direction throwing sprint strength
	Can bounce a ball on the spot with consistency Can perform a basic log, egg, shoulder and forward roll.	Pupils participate in team games, developing simple tactics for attacking and defending. They succeed and excel (in competitive sport) and other physically demanding activities.			throw catch control awareness of space attack defend
Year 4	Pupils select and use skills, actions and ideas appropriately, applying them with greater control and co-ordination.	Pupils select and use skills, actions and ideas appropriately applying them with control and co-ordination. They show understanding of tactics and composition by starting to vary how they respond.	Pupils can see how their work is similar and different to and from the work of others. They use this to improve their own work.	Pupils give reasons why they warm up and before exercise and why physical activity is good for their health.	tactics control accuracy adapt tactics
	Pupils can bounce a ball on the spot with consistency Can perform a basic log, egg, shoulder and forward roll. Responds imaginatively, and with control and coordination., using different body parts.	Pupils participate in competitive team games developing simple tactics for attacking and defending.			changing speed and direction accuracy technique