

PE – Medium Term Planning YEAR 3/4 (2025- 26) A

(Year 3 pupils to aim for bronze/silver – Year 4 pupils to aim for silver/gold)

Each ½ term a total of 2 units must be delivered (each unit is approximately 10 hrs)

| | | | |
|---|---|-------------|--|
| Year 3/4 | | 2025-26 (A) | |
| Autumn 1.1 - Unit: Football | | | |
| Know | 1)Can comment on other children’s work and begin to use the correct context / 2)Listens actively to their team mates and can work together to ensure success / 3)Looks to improve their perform from advice from teachers and peers | | |
| Show | 1)Applies different techniques when sending and receiving a ball / 2)Can travel at pace when dribbling and change direction with control 3)Attacks and defends applying the correct techniques when desired | | |
| Grow | 1)Understand the importance of defending in sport and competition. / 2)Explore movement within game situations and understand the importance of movements within PE and sport./ 3)Consider the concept of tactics and consider strategies to support a positive outcome in sport and competition. | | |
| Autumn 1.1 – Unit: Basketball | | | |
| Know | 1)Can comment on other children’s work and begin to use the correct context / 2)Listens actively to their team mates and can work together to ensure success / 3)Looks to improve their perform from advice from teachers and peers | | |
| Show | 1)Applies different techniques when sending and receiving a ball / 2)Can travel at pace when dribbling and change direction with control 3)Attacks and defends applying the correct techniques when desired | | |
| Grow | 1)Understand the importance of defending in sport and competition. / 2)Explore movement within game situations and understand the importance of movements within PE and sport./ 3)Consider the concept of tactics and consider strategies to support a positive outcome in sport and competition. | | |
| Autumn 1.2 - Unit: Gymnastics – health related fitness | | | |
| Know | refer to outcomes linked to lesson plans (children discuss and identify personal challenges) | | |
| Show | | | |
| Grow | | | |
| Autumn 1.2 - Unit: Gymnastics – Partner work: Pushing and pulling | | | |
| Know | 1)Can comment on other children’s work and begin to use the correct context / 2)Knows that different techniques can lead to different outcomes within an event / activity / 3)Looks to improve their perform from advice from teachers and peers | | |

| | |
|--|--|
| Show | 1)Is increasingly agile and coordinated when performing actions / 2)Has increasing confidence when performing actions and sequences 3)Is adventurous in developing their own actions and sequences |
| Grow | 1)Understand why thinking creatively is important in PE and beyond. / 2)Appreciate the importance of trying out different ideas. 3)Understand how creativity might improve outcomes in PE and beyond. |
| Spring 1.1 - Unit: OAA | |
| Know | 1)Can comment on other children's work and begin to use the correct context / 2)Listens actively to their team mates and can work together to ensure success / 3)Looks to improve their perform from advice from teachers and peers |
| Show | 1)Can demonstrate and communicate concise instructions during a challenge / 2)Knows some the symbols on an orienteering map 3)Can navigate themselves and others safely around a defined area |
| Grow | 1)Identify different muscles that are used in physical activity./ 2)Explain the importance of warming up prior to physical activity. 3)Explore the importance of cooling down following physical activity. |
| Spring 1.1 - Unit: Netball | |
| Know | 1)Can comment on other children's work and begin to use the correct context / 2)Listens actively to their team mates and can work together to ensure success / 3)Looks to improve their perform from advice from teachers and peers |
| Show | 1)Applies different techniques when sending and receiving a ball / 2)Can travel at pace when dribbling and change direction with control 3)Attacks and defends applying the correct techniques when desired |
| Grow | 1)Understand the importance of defending in sport and competition / 2)Explore movement within game situations and understand the importance of movements within PE and sport. / 3)Consider the concept of tactics and consider strategies to support a positive outcome in sport and competition. |
| Spring 2.1 - Unit: Dance - Romans | |
| Know | 1)Selects travelling actions to convey different characters along varied pathways / 2)Use a range of travelling steps following a planned pathway / 3)Can use canon, formation changes, direction and level to improve our ideas / 4)Can use the poem as a stimulus for creative and imaginative actions / 5)Can work together to keep improving their group dance / 6)Can express character with confidence and explore patterning and timing |
| Show | 1)Show good timing, posture and extension / 2)Can use the actions from the motif creatively using different body parts and movements / 3)Can show use of canon and changes in formation/ 4)Can show use of mirror image and changes in level / 5)Can create still and connected shapes using their bodies / 6)Demonstrate unusual movement and can keep in time with the music |
| Grow | 1)Can listen to other peoples ideas and vocalise their own thoughts / 2)Understands what makes a good performance / 3)Give useful feedback to their partner / 4)Perform the dance to the best of their ability / 5)Can work co-operatively / 6)Work well in groups showing good cooperation skills |

| | |
|---------------------------------------|---|
| Spring 2.1 - Unit: Dodgeball | |
| Know | 1)Can comment on other children's work and begin to use the correct context / 2)Knows that different techniques can lead to different outcomes within a game / 3)Looks to improve their perform from advice from teachers and peers |
| Show | 1)Can switch between techniques to return the ball / object / 2)Uses the whole court / area to get in to go 'ready' positions 3)Thinks about the speed / strength of return to effect their opponents return ability |
| Grow | 1)Consider how positivity connects with resilience in PE and beyond. / 2)Understand how making little improvements can lead to better performance in PE and beyond. / 3)Consider how learning from others can support learning in PE and beyond. |
| | |
| Summer 3.1 - Unit: Tri Golf | |
| Know | 1)Can comment on other children's work and begin to use the correct context / 2)Listens actively to their team mates and can work together to ensure success / 3)Looks to improve their perform from advice from teachers and peers |
| Show | 1)Can putt with increasing accuracy and control / 2)Begins to control the distance of their shots 3)Can navigate hazards and play 'unnatural' shots |
| Grow | 1)Is enthusiastic and determined during all activities / 2)Communicates well and can share ideas within a group / team 3)Knows the importance of listening to others in group activities |
| Summer 3.1 - Unit: Cricket | |
| Know | 1)Can comment on other children's work and begin to use the correct context / 2)Listens actively to their team mates and can work together to ensure success / 3)Looks to improve their perform from advice from teachers and peers |
| Show | 1)Can strike a ball with consistency when bowled / served at them / 2)Can position themselves in a good ready position and is successful in stopping a ball hit towards them / 3)Can select the correct technique when returning the ball (underarm or overarm) or when bowling |
| Grow | 1)Understand how distractions might impact performance in PE and beyond. / 2)Explore emotions and how they might impact performance in PE and beyond. / 3)Understand the importance of reflection in order to improve in PE and beyond. |
| Summer 3.2 - Unit: Tennis | |
| | 1)Can comment on other children's work and begin to use the correct context / 2)Knows that different techniques can lead to different outcomes within a game / 3)Looks to improve their perform from advice from teachers and peers |
| | 1)Can switch between techniques to return the ball / object / 2)Uses the whole court / area to get in to go 'ready' positions 3)Thinks about the speed / strength of return to effect their opponents return ability |
| | 1)Consider how positivity connects with resilience in PE and beyond. / 2)Understand how making little improvements can lead to better performance in PE and beyond. / 3)Consider how learning from others can support learning in PE and beyond. |
| Summer 3.2 - Unit: Athletics 4 | |

| | |
|------|--|
| Know | 1)Can comment on other children's work and begin to use the correct context / 2)Knows that different techniques can lead to different outcomes within an event / activity / 3)Looks to improve their perform from advice from teachers and peers |
| Show | 1)Shows balance and poise when performing various jumps / 2)Perform the various throwing techniques with a degree of control 3)Improves their running technique with feedback from teachers |
| Grow | 1)Recognise the importance of mindfulness. / 2)Explain what dopamine is and the effect of it on the body. 3)Recognise that regular exercise will improve general fitness that can be applied across sports and life. |