

PE – Medium Term Planning YEAR 3/4 (2026- 27) **B**

(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 2026-27 (B)	
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 term winning and how it might impact behavior in PE and beyond. / 2)Understand the term losing and how to behave when we lose in PE and beyond. / 3)Understand the importance of attacking in sport and competition.
Autumn 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)Understand what heart rate is and the changes that occur during and after exercise. / 2)Recognise changes in breathingrate, during and after exercise./ 3)Consider why body temperature changes when physically active.
Autumn 1.2 - Unit: Tag rugby	
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 term winning and how it might impact behavior in PE and beyond. / 2)Understand the term losing and how to behave when we lose in PE and beyond. / 3)Understand the importance of attacking in sport and competition.
Autumn 1.2 - Unit: Dance - Egyptians	

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 1.1 – Unit: Hockey

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 term winning and how it might impact behavior in PE and beyond. / 2)Understand the term losing and how to behave when we lose in PE and beyond. / 3)Understand the importance of attacking in sport and competition.

Spring 1.1 - Unit: Gymnastics – linking movements together

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 the importance of curiosity when exploring different ideas in and beyond PE. / 2)Understand the importance of being open minded when exploring creative ideas./ 3)Understand the importance of imagination when being creative in PE and beyond.

Spring 2.1 - Unit: Dance – Dance around the world

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: 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 term winning and how it might impact behaviour in PE and beyond. / 2)Understand the term losing and how to behave when we lose in PE and beyond. / 3)Understand the importance of attacking in sport and competition.
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)Explore self-confidence in PE and what might impact it. / 2)Have the opportunity to receive and act on feedback. 3)Understand the importance of selfdiscipline in PE and beyond
Summer 3.1 - Unit: Health related fitness	
Know	refer to outcomes linked to lesson plans (children discuss and identify personal challenges)
Show	
Grow	
Summer 3.2 – Unit: Tennis	
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)Understand the term Resilience and its importance in PE and beyond. / 2)Demonstrate persistence and understand its importance in learning in a PE context and beyond. / 3)Understand how embracing failure can support learning in PE and beyond.
Summer 3.2 – Unit: Athletics 3	

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	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)Understand how regular exercise can improve physical health. / 2)Understand how exercise and movement can positively effect mental health. / 3)Understand that movement and exercise can provide social opportunities and benefits.