

Hampton Court House - Lower Years Curriculum - Sport: Years 3 and 4

	Autumn Term	Spring Term	Summer Term
Aims	<p><i>To ensure that all pupils:</i></p> <ol style="list-style-type: none"> 1. Develop competence to excel in a broad range of physical activities 2. Are physically active for sustained periods of time 3. Engage in competitive sports and activities 4. Lead healthy, active lives. <p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p>		
Invasion games	<p>Football: Sending and receiving football, pass and trap, short and long distance, both feet. Dribbling with ball and finding space, turning with ball and drag backs and step overs. Shooting at goal. Introduction of attack and defense. Small sided games.</p> <p>Netball: - Identify and complete different types of passes. Apply footwork into game situations. Enforce passing and driving into space. Learn the areas of a netball court. Learn positioning, rules and regulations of a netball game. Learn, identify and apply different types of dodges. Identify and explain the difference between attacking and defensive skills. Shoot accurately in different areas of the goal circle.</p>	<p>Tag Rugby: Introduction to equipment, tags and balls. Safety and awareness around each other. Use of two hands on the ball, passing and receiving the ball. Use of space and running straight with the ball. Small sided games.</p> <p>Hockey: Safety with use of hockey stick, holding stick correctly. Sending and receiving pass, push and slap. Dribbling with ball and finding space. Small sided games.</p>	

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<p>Fitness – ABCs ongoing</p>	<p>Agility: movement on toes with light feet, distribution of weight from one foot to another and changes in speed. Balance: static balances, shapes, use of body parts. Dynamic balance, keeping head up, wide base, weight distribution. Body management. Coordination: throwing, catching, application of more than one skill or component of fitness at the same time.</p>	<p>Agility: movement on toes with light feet, distribution of weight from one foot to another and changes in speed. Balance: static balances, shapes, use of body parts. Dynamic balance, keeping head up, wide base, weight distribution. Body management. Coordination: throwing, catching, application of more than one skill or component of fitness at the same time.</p>	<p>Agility: movement on toes with light feet, distribution of weight from one foot to another and changes in speed. Balance: static balances, shapes, use of body parts. Dynamic balance, keeping head up, wide base, weight distribution. Body management. Coordination: throwing, catching, application of more than one skill or component of fitness at the same time.</p>
<p>Striking and fielding sports</p>			<p>Cricket and Rounders: Introduce to cricket and rounders equipment, safety and awareness of equipment and others around them. Batting, grip and stance. Theories about fielding, filling gaps, spreading out. Fielding, catching, throwing, long barrier, bowling (underarm) and fun varied games.</p>
<p>Athletics</p>			<p>Jumping: continue horizontal jumping skill. Record a distance for long jump and standing jump. Throwing: throwing skills, over arm, record distance for throwing (foam javelin and tennis ball) Running: Introduce sprinting style, record time for 60m 200m and 400m, judging pace and distance. Introduction to shuttle run relays. Prepare for sports day.</p>

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