Subject Information Year 3/4



Soaring to success

P.E.
Lower Key Stage 2

In Y3/4, children are taught to continue applying and developing a broader range of skills, learning to use them in different ways through specific sport-based PE units, such as tennis and handball. They return to each fundamental movement skill taught in KS1 and learn to link them to create sequences of movement. They return to Gymnastics and Dance, developing their control and technique, while performing with partners or by themselves. Additionally, Y3/4 take part in Outdoor and Adventurous activities, challenging their leadership, both in group work and individually.

In Y3/4, children also begin their swimming lessons, which are taught in line with STA awards. At Kentmere, we understand the importance of swimming and water safety for our children, as we are lucky to have a range of rivers and lakes in our local area. Children attend swimming lessons throughout the summer term, where they are taught to swim competently, confidently and proficiently over a distance of at least 25metres (this is the length of a swimming pool). They are taught to use a range of strokes effectively (front craw, back stroke, breaststroke) and learn to perform safe self- rescue, alongside water safety theory. Where children are not proficient in these key areas by the end of Year 4, further swimming lessons are attended in Year 5 and Year 6.

Children are taught:

- Gymnastics
- Tag Rugby
- Tennis
- Handball
- Outdoor and Adventurous Activities
- Dance
- Rounders
- Athletics
- Swimming
- Health Related Fitness
- Football
- Cricket