



Y3/4 Games Cycle B					
Autumn 1 Football	Autumn 2 Multi Skills	Spring 1 Health Related Exercise	Spring 2 Orienteering	Summer 1 Athletics	Summer 2 Striking & Fielding
<p>1. I can keep the ball close and under control.</p> <p>2. I can pass effectively.</p> <p>3. I can use my knowledge of a technique to suggest ways for peer's to improve.</p> <p>4. I can use my knowledge of a technique to suggest ways for peer's to improve and pass effectively.</p> <p>5. I can shoot effectively.</p> <p>6. I can use knowledge of technique to suggest ways for peer's to improve shoot effectively.</p>	<p>1. I can remain balanced when changing direction.</p> <p>2. I can place my place my hands close together when stopping and catching.</p> <p>3. I can follow direct instructions and participate in the activity.</p> <p>4. I can throw and catch different sized balls with accuracy and control.</p> <p>5. I can throw and catch different sized balls with accuracy and control, and move my body smoothly to stay balanced and coordinated.</p> <p>6. I can use my knowledge of the teaching points to help my peers improve.</p>	<p>1. I can talk about how my body feels and changes when I exercise, like breathing faster, my heart beating faster, and getting warmer.</p> <p>2. I can exercise at different intensities and talk about why my heart beats faster when doing some and not others.</p> <p>3. I can talk about different ways to test my body.</p> <p>4. I can perform a health test and name at least 2 major muscles.</p> <p>5. I can perform a health test and record the findings.</p> <p>6. I can talk about how different foods and drinks give my body energy and can help my body stay healthy.</p>	<p>1. I can name and explain the points on a compass, including north, south, east, and west.</p> <p>2. I understand what a map key is and can use it to identify symbols on a map.</p> <p>3. I can use a map key and compass points to find my location on a map.</p> <p>4. I can confidently orient a map using my thumb and body position to show where I am and the direction I'm facing.</p> <p>5. I can combine using the map key and compass directions to accurately locate myself and orient the map in the right direction</p>	<p>1. I can bend my knees and push off strongly using my quadriceps to jump further.</p> <p>2. I can transfer my weight across my body as I throw to add power.</p> <p>3. I can drive my hands quickly and smoothly through the air to help my speed when sprinting.</p> <p>4. I can perform a chest press by standing with one foot behind the other, bending my knees, holding the ball at my chest, and pushing it forward.</p> <p>5. I can explain and show how to use my body effectively to improve my performance in physical activities.</p> <p>6. I can hurdle effectively by using good technique to run, take off, clear the hurdle, and land smoothly</p>	<p>1. I can stop and catch the ball by keeping my hands close together, fingers apart and outstretched, and using soft hands to absorb the ball</p> <p>2. I can get into a good stopping position by keeping my lower left leg parallel and close to the floor.</p> <p>3. I can use good coordination to move quickly, get into position, and field the ball accurately and safely.</p> <p>4. I can hold the bat correctly and use it with control to hit the ball accurately.</p> <p>5. I can grip the ball with my fingers on either side of the seam and my thumb underneath and release it with my fingers pointing towards the wickets.</p>
ball, kick, pass, goal, shoot, run, team, player, coach, referee, pitch, score, stop, start, catch, throw, jump, throw-in, corner, whistle, warm-up, cool-down.	balance, coordination, agility, speed, strength, power, reaction, control, movement, direction, jump, hop, skip, run, walk, throw, catch, roll, bounce, aim, kick, hit, turn, stop, start, space, travel, sprint, dodge, leap, stretch, posture, rhythm, timing, focus, effort, stamina, flexibility, accuracy, teamwork,	exercise, muscles, heart, lungs, fitness, healthy, energy, breathing, heartbeat, sweat, tired, food, sleep, water, warm-up, cool-down, stamina, strength, flexibility, endurance, recovery, hydration, nutrition, pulse, oxygen, circulation, balance, coordination, posture, rest, body, movement, health, exercise routine, mental health, stress, relaxation.	map, direction, symbol, route, path, start, finish, checkpoint, team, compass, turn, follow, navigate, clue, search, control point, outdoors, landmarks, left, right, north, south, east, west, scale, grid, key, legend, trail, safety, plan, explore, , timer, distance, challenge, focus, observation, strategy, teamwork.	run, jump, throw, sprint, pace, race, finish, start, relay, baton, track, field, distance, speed, strength, stamina, warm-up, cool-down, balance, agility, effort, competition, practice, endurance, technique, timing, power, jump off, landing, sprint finish, lane, personal best, hurdle, record, medals, coach, event, team.	bat, ball, catch, throw, run, hit, score, field, bowler, batter, fielder, umpire, out, safe, team, game, pitch, wicket, stumps, over, toss, underarm, overarm, run out, catch out, partner, warm-up, cool-down.



	strategy, challenge, practice, rest.				
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