



PE		Year 3/4	
Focus: Fundamentals			
Age related vocabulary			
accelerate	to move faster	decelerate	to slow down
dodging	to make a sudden movement in a new direction to catch or flee from an opponent	sprinting	to run at top speed for a short distance
momentum	strength of movement	opponent	the team players you are playing against

Key Knowledge	
1.	Squeeze your muscles to help you balance.
2.	As we exercise, we take in more oxygen which is pumped around our bodies to our muscles.
3.	When we sprint, our knees are high, we run on the front of our feet, our body is upright, our arms are bent at the elbows and we move the opposite arm to the leg.
4.	When we jog, our knees are lower and our arms are more relaxed and don't swing as much.
5.	Lean the body slightly forward to increase speed (acceleration) and lean the body in the opposite direction to travel to help slow the body down (deceleration).
6.	Turn your head, hips and shoulders to run in a new direction, transferring your weight from one side to another. Use change of speed and direction to get past an opponent.
7.	When jumping or hopping, use your arms to provide momentum.
8.	Bend your knees on take off and landing to help you balance.
9.	When skipping, make sure that the rope touches the floor each time and use the rhythm to help you. Keep your chest up as you jump. Turn the rope from the wrists and keep hands in line with your belly button.

PE Y3	Carlton Assessment Grid		
Funda-mentals	Embedded	Progressing	Beginning
Success Criteria	Pupil Reflection		Teacher Assessment
I am able to jump and turn a skipping rope	Before	After	
I can change direction quickly	Before	After	
I can identify when I was successful	Before	After	
I can link hopping and jumping actions	Before	After	
I demonstrate balance when performing other fundamental skills	Before	After	
I understand how the body moves differently at different speeds	Before	After	
I understand why it is important to warm up	Before	After	

PE Y4	Carlton Assessment Grid		
Funda-mentals	Embedded	Progressing	Beginning
Success Criteria	Pupil Reflection		Teacher Assessment
I can work with others to complete skipping challenges	Before	After	
I can change direction quickly under pressure	Before	After	
I can identify when I was successful and what I need to do to improve	Before	After	
I can link hopping and jumping actions with other fundamental skills	Before	After	
I demonstrate good balance and control when performing other fundamental skills	Before	After	
I understand and can demonstrate how and when to speed up and slow down when running	Before	After	
I can explain what happens when I exercise	Before	After	