

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)

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| 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 | |

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| 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

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| 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

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| 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

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| 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 / |

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| | 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 | |

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| 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. |