



Class Tamar

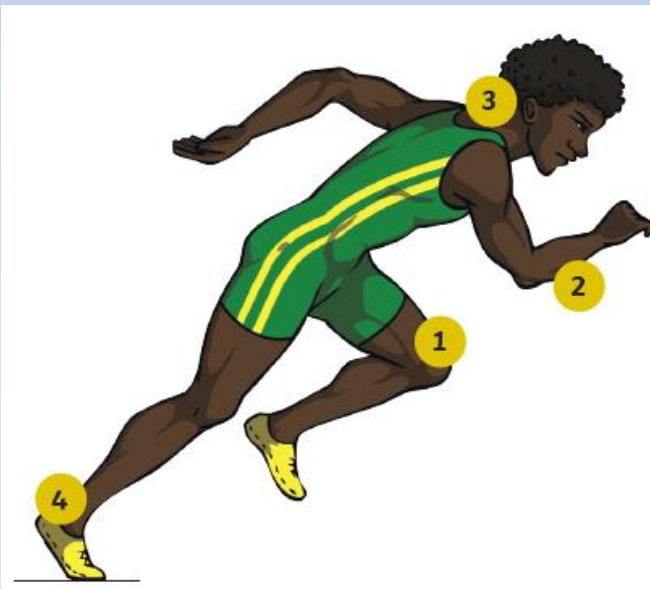
PE

Multi-skills

Session 1: We learnt and practised the technique for running for speed.

Technique

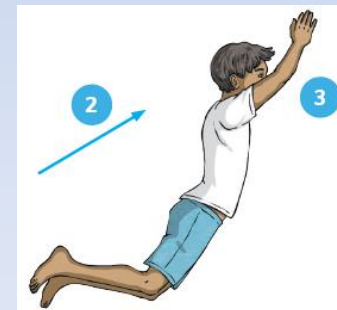
- 1 Lift the knees up to a horizontal position.
- 2 Arms are bent and pumping.
- 3 Keep the head still and looking ahead.
- 4 Contact the ground with a heel-toe action, staying light on your feet.



Session 2: We learnt and practised the technique for jumping, focusing on the take-off, flight and landing phases of a jump.

Technique

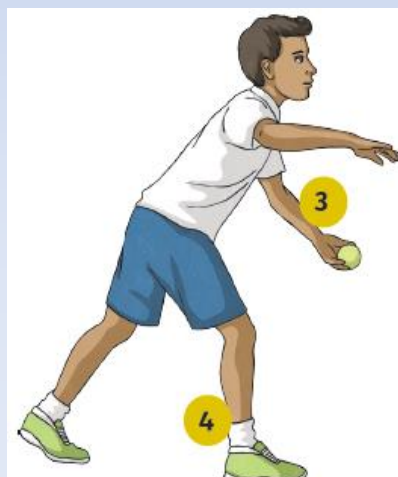
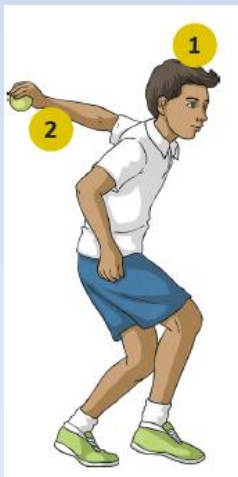
- 1 Bend at the hips, knees and ankles, with your feet shoulder-width apart.
- 2 Spring off the floor by extending your ankles, knees and hips with as much power as possible.
- 3 At the same time, swing your arms forwards and up to give you thrust and momentum.
- 4 Land on the balls of your feet and bend your knees to soften the impact (a partial squat, not past 90 degrees).



Session 3: We learnt and practised the technique for the underarm throw.

Technique

- 1 Face the direction you are throwing the ball.
- 2 Hold the ball in your dominant hand, gripping it with the fingers and thumb.
- 3 Take your throwing arm behind your body and swing it forwards like a swinging pendulum (from behind the body to the front of the body).
- 4 Step forwards, transferring your weight from the back foot to the front foot as you move.
- 5 Release the ball at waist height with a flick of the wrist.



Session 4: This week we move onto dribbling skills in basketball making sure we maintained possession of the ball.

Technique

- 1 Contact the ball with your fingers at about hip height.
- 2 Bend and straighten your wrist and elbows, moving with the ball.
- 3 Push, don't slap the ball downwards.
- 4 Your hips and knees should be slightly flexed (bent).



PE

FLE Y3/4

Multi-skills



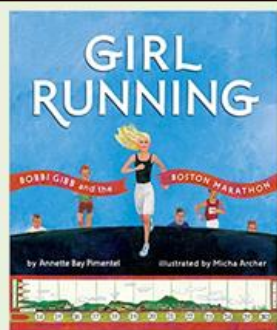
Forever Facts

- Understand the importance of rules and fairness.
- Understand what effects exercise has on our bodies.
- Understand the importance of warming up and cooling down.
- Understand how performances can be improved through practise and reflection.

Skills

- I can use jumping, throwing and catching in isolation and in combination.
- I can move a ball with control and accuracy.
- I can show increasing confidence when rolling, hitting and kicking a ball.

Exciting Books



Our Endpoint

To demonstrate an understanding of the key skills learned.

Subject Specific Vocabulary

acceleration	To go from still to moving at speed as fast as possible.
overarm	Made with the arm moving above the shoulder.
underarm	a backward-forward swing of the hand to release an object
Dribbling (in football and basketball)	Moving with the ball and maintaining possession of the ball.
Jump	Your body must completely leave the floor.
land	To land softly, with both feet, and transfer the impact forces.

SMSC: *Spiritual – students are continually encouraged to be creative and use their imagination. Moral – students are regularly working together in groups. Social – working collaboratively to use both their skills in a range of different contexts. Cultural – students are regularly encouraged to appreciate a wide number of cultural influences.*