



Cliff Federation Year 3/ Year 4 Long Term Plan and Progression



	Year A	Year B
Autumn 1	Enrichment:	Enrichment:
	Gymnastics	Gymnastics
	Netball	Basketball
Autumn 2	Enrichment:	Enrichment:
	Fitness	Tag rugby
	OAA	Quick sticks
Spring 1	Enrichment	Enrichment:
	Swimming	Swimming
	Dance	Dance
Spring 2	Enrichment	Enrichment:
	Swimming	Swimming
	Mini Muay Thai	OAA
Summer 1	Enrichment	Enrichment:
	Tennis	Tennis
	Rounders	Kwik Cricket
Summer 2	Enrichment:	Enrichment:
	Sports day	Sports day
	Athletics	Athletics



Cliff Federation Year 3/ Year 4 Long Term Plan and Progression



Progression of **skills/knowledge** Year 3/Year 4

	Year 3	Year 4
Gymnastics	- Perform a variety of shapes with their body, showing good control - Perform a straight jump with half a turn - Perform a teddy bear roll - Perform balances (Point and Patch balance) - Perform a bunny hop across a mat - Run onto and across low benches with apparatus - Perform a short sequence on mats - Perform hopscotch movement with throw down feet - To understand how to safely use equipment	- Perform a variety of shapes with good control when performing various skills - Perform various jumps when travelling across a mat - To perform a teddy bear roll with a partner, ensuring their toes are pointed - Perform matching and mirroring balance routines on apparatus - Perform a bunny hop onto a variety of apparatus with control - Perform short sequences on mats and apparatus showing levels, unison and pointed toes. - To know to perform movements with pointed toes - To understand have to be safe on apparatus
Dance	- Dance in unison and canon with a partner - Perform dance movements and begin to incorporate space elements - Begin to perform with good sense of timing expression and energy - Groups to begin to collaborate to create a dance performance independently - Begin to use their own movements based on a theme to create a dance performance - Understand what a cannon movement	- Dance in unison and canon with a partner/group - Perform a range of movement patterns in a group - Perform dance movements using a variety of space elements (levels/formation) - Perform with timing. Expression and energy - Collaborate independently to create a dance performance - Use their own movements based on a theme to create a dance performance - Understand ways to link movements together in a performance
Multi-Sports	- Continue to develop control when passing and receiving a ball and begin to apply to a game situation - Adapting footwork to suit the game being played - Perform a dodge to get into a space to receive a ball - Staying on the balls of their feet when marking a player - Begin to apply basic principles for attacking and defending - Understand the importance of finding space - Understand the key rules of games and apply in a game - Adapting shooting techniques to suit the game - Make good decisions involving footwork choice to match the game being played	- Pass and receive mostly with control - Begin to select and apply the correct pass - To be able to change direction quickly, accelerating in a game situation - Attempting various dodges to create space to receive the ball - Marking a player effectively by standing side on stance. - Developing shooting technique - Develop tactics in a variety of game situations - Understand the rules of a game - Begin to officiate their own games - Become increasingly familiar with the vocabulary related to the game



Cliff Federation Year 3/ Year 4 Long Term Plan and Progression



OAA Outdoor Adventure Activities	- To use a key to follow a plan - Communicate effectively with peers to complete challenges - Know the 8 points on a compass - To identify points on a grid using coordinates - Work collaboratively to solve problems - Develop leadership qualities while completing tasks - To understand what makes an effective leader - To know how to work well as part of a team	- To use a key to accurately place things in the correct locations according to a plan - Develop different methods of communication to achieve a goal - Give and follow instructions - Use coordinates on a plan to locate objects - Listen carefully and follow instructions given by teammates - To lead a team in completing a task. - To know how to use an 8-pointed compass
Tag Rugby	- To tag another player, face on and keeping body positioned low to the ground - To move with the ball in their hands using the correct position - To pass the ball backwards and sideways in isolation with some accuracy - To move into a space to avoid a defender - To apply dodging techniques to move around a defender - To beat a defender to score a try - To understand the rules in a game - To apply tactics in attacking and defending	- To play a game whilst moving at speed - To move with control in a variety of directions and holding the ball in the correct position - Pass the ball backwards and sideways whilst moving with control - Use speed and space to avoid a passive defender - To beat a defender at speed to score a try in a game - Begin to form tactics on their own for game situations
Tennis	- Move body position to catch a ball - Control a ball on racket when moving - Hit the ball into a target - Hit ball using a forehand and backhand - Apply skills in a game - Understand the rules of a game	- Move with balance and control to catch a ball - Hit/ bounce a ball on a racket when moving - Hit a ball into a target for a variety of distances - Hit a forehand and backhand with a drop feed - Use effective communication in a game - Continue to develop tactics
Dodgeball	- Throw the ball in different ways - Catch the ball in a variety of ways - Aim at the opposition in a variety of directions - To throw accurately using the underarm throw. - Develop ways to dodge a ball - Experiment with different ways of blocking - Understand what the 'ready position' - Create ways to attack and defend	- Throw the ball in different directions - Catch the balls in a variety of ways and distances - Aiming and improving the accuracy of throwing distance - Begin to develop footwork to dodge and avoid being hit by the ball - Blocking the ball in a variety of ways and beginning to protect other players - Children to talk about attacking and defending
Fitness	Balancing with control, focusing on preferred and non-preferred leg	- Balancing in different directions - Complete fitness activities confidently and achieve personal bests



Cliff Federation Year 3/ Year 4 Long Term Plan and Progression



	- Complete a variety of fitness exercises successfully - Achieve a personal best and work to improve this - Complete a variety of fitness exercises successfully and achieve a personal best - Coordinate body to perform a combination of movement in different exercises - Take pulse before exercise - Understand how our body gets stronger after exercise	- Coordinate body efficiently to perform a combination of movements or actions when exercising - Begin to know different types of fitness - Take pulse before and after exercise - Begin to understand the effect exercise has on our bodies
Mini Muay Thai	- Can stand in the correct stance keeping chin down and hands in a guard - Perform jab and cross- keeping guard up and balanced - Upper cut and hook0 keeping hands in guard up position - Effective knee strike- keeping guard up and balanced - Kicks- flick foot, keeping guard up and face protected - Shin check- keeping control when moving back in stance - Perform combination of techniques developing flexibility, control balance and strength	- Can begin to switch stance for each of the strikes - Jab cross- with control and coordination using left and right - Perform upper cut and hooks front and rear, keeping guard up - Perform knee strike with control using front and rear- keeping guard up - Kicks- front and rear, being able to reset into stance position - Shin check- improve flexibility of techniques - Improve height of kicks - Begin to remember striking combinations
Athletics	- Begin to perform FAST technique - Throw a javelin/vortex using correct stance, rotating hips forward - Perform a hop, step and jump (triple jump) - Develop running for distance in warmups - Develop relay change over techniques - Run and take off over obstacles at some speed	- Perform FAST technique confidently when sprinting - Thow a javelin/vortex with height and distance - Perform a hop, step and jumping (stranding triple jump) - Develop running for distance in warm ups - Pass a relay baton with control - Runa and jump over hurdles with speed and control
Rounders	- Throw under/over arm and catch a ball with control and some accuracy - Bowling a ball from a short distance - Using various equipment to strike a ball with adapted bats - Stop the ball using two hands and attempt a longer distance - Begin to understand the rules of rounders - Apply understanding of fielding to game situations	- Throw under and over arm throws varying in distance - Catch the ball with control and accuracy - Begin to bowl from the correct bowling distance - Stepping into the hit when striking the ball with a bat - Moving into position correctly to scoop up the ball - Think of tactics for attacking and defending in a game
Hockey	- Dribble the ball while holding the stick in the correct position - Pass and receive a ball with some control - Perform a pass and look for a space in a n adapted game to receive the ball	- Dribble and stop the ball with control - Pass the ball over a longer distance with accuracy and power - Perform a short pass and begin to move into a space - Receive the ball with control



Cliff Federation Year 3/ Year 4 Long Term Plan and Progression



	• Begin to tackle safely • Score while the ball is stationary • Understand the rules of a game • Apply basic principles of attacking and defending	• Tackle a player beginning to use the correct grip and positioning • Develop shooting- at targets and goals • Begin to understand the scoring system and score whilst the ball is moving. • Develop their own tactics for attacking and defending
Kwik Cricket	• Accurately roll the ball with one hand to stop the ball • Attempt the long barrier method • Throw and catch underarm with both hands • Bowl underarm at a wicket and attempt overarm • Control the bat hitting a ball off a tee and moving • Play a modified game using fielding and batting skills • Understand the rules • Begin to apply the basic skills of striking and fielding	• Roll the ball with one hand and stop the ball from different directions using barrier method • Throw and catch under pressure in a modified game • Bowl at a wicket under and over arm throw with accuracy and control • Hit a drop fed ball and/or moving ball with a bat • Play a game while communicating effectively as a team • Apply learnt skills to a game situation • Children begin to come up with tactics for striking and fielding