

Spring Term Curriculum 2024

Year 3/4 Essential Knowledge

PE: Gymnastics (balancing and shapes)

1. Techniques for creating shapes:

- straight (pencil), tuck, star, pike, straddle

2. What it means to balance to perform:

- support balances
- matching and contrasting balances with and against a partner

PE: Dance

1. We can use our bodies to copy and repeat short sequences:

- mirroring is when we travel, jump, make a shape or balance at exactly the same time as our partner while we face each other
- how to change direction when creating a dance move
- dynamics means how we move: fast/slow, heavy/light, flowing/abrupt and we can change this with the mood of the music or the dance style