

Year 3 – PE

Games	Gym	Dance	Athletics	Outdoor	Evaluation
Use running, jumping, throwing and catching in isolation and in combination To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	To develop flexibility, strength, technique, control and balance.	To perform dances using a range of movement patterns.	To use running, jumping, throwing and catching in isolation and in combination.	To take part in outdoor and adventurous activity challenges, both individually and within a team.	To compare their performances with previous ones and demonstrate improvement to achieve their person best.
G1 I can begin to travel in a variety of directions and for purpose (defending/attacking).	GY1 I can improve the quality of my rolls, jumps, travel, body shapes and balance.	D1 I can begin to improvise independently to create a simple dance.	A1 I can run at speeds appropriate for the distance.	O1 I can begin to develop listening skills when listening to a partner or adult.	E1 I can watch and describe a performance.
G2 I can travel bouncing a ball with some control.	GY2 I can describe my own work using simple gym vocabulary.	D2 I can begin to improvise with a partner to create a simple dance.	A2 I can perform a running jump with some accuracy.	O2 I can begin to use compass points.	E2 I can begin to think about how I can improve my work.
G3 I can confidently send the ball to others in a range of ways (underarm, chest pass, over arm and bounce pass)	GY3 I can copy, explore and remember a variety of movements and use them to create my own sequence.	D3 I can translate ideas from stimuli to movement with support.	A3 I can perform a variety of throws using a selection of equipment.	O3 I can begin to think activities through.	E3 I can work with a partner or with a small group to improve my skills.
G4 I can receive a ball with control when under pressure in game state.	GY4 I can apply compositional ideas independently and with others to create a sequence.	D4 I can begin to compare and adapt movements and motifs to create a larger sequence.		O4 I can begin to choose strategies.	E4 I can make suggestions of how to improve my work.
G5 I can use skills with coordination and control.	GY5 I can begin to develop good technique of taught skills when using equipment.	D5 I can use simple dance vocabulary to improve and compare work.		O5 I can begin to understand how to stay safe.	
G6 I can communicate, work as a team and begin to compete during game situations.		D6 I can perform dances with an awareness of rhythm on their own or in a group.			

G7 I can develop my knowledge of games.					
G8 I can understand the term possession and when it applies during game play.					
G9 I can choose good places to stand when receiving, and give reasons for my choice.					
G10 I can choose and use batting or throwing skills to make the game hard for my opponents.					
G11 I can explain what attacking and defending is.					

Year 3 Topic Coverage

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
G1- G11 E1-E4	D1- D6 O1-O5		GY1- GY5 E1- E4		A1- A3 G1-G11
Vocabulary					
defending, attacking, travel, bouncing, control, possession, co-ordination, co-operation, scoring, batting, space, pass, dribble, team, points, goals, rules, tactics, fielding, bowler, wicket, innings, rounder, backstop, court, target, net, striking, pitch, evaluate, improve	create, combination, sequence, space, improvisation, repetition, adapt, motifs, pattern, movement, evaluate, improve, agility, flexibility strength, control, balance, stimulus, rhythm, timing perform, Health and fitness – warm up/ cool down/ heart rate		flow, explosive, symmetrical, asymmetrical, combination, evaluate, improve stretch, refine, adapt, contrasting, curled, stretched, suppleness, strength, inverted, jump, land, over, under, agility, strength, technique, control, balance, evaluate, improve, Shapes - tuck, straddle, pike, arch, back support, front support, shoulder stand, bridge Health and fitness – warm up/ cool down/ heart rate		defending, attacking, travel, bouncing, control, possession, co-ordination, co-operation, scoring, batting, space, pass, dribble, team, points, goals, rules, tactics, fielding, bowler, wicket, innings, rounder, backstop, court, target, net, striking, pitch, running, speed, throw, skip, aim, bounce, jump, leap, hop, target, overarm, underarm, walking, jogging, baton, relay, take off, landing, Health and fitness – warm up/ cool down/ heart rate
I will learn...					
<ul style="list-style-type: none"> ✓ How to decide where and when to run with purpose. ✓ How to pass/throw a ball including underarm, chest pass, over arm, over arm and bounce pass. ✓ How to travel bouncing a ball. ✓ How to receive a ball under pressure. 	<ul style="list-style-type: none"> ✓ How to begin to compare and adapt movements and motifs. ✓ How to create a larger sequence. ✓ How to improvise to create a simple dance. ✓ How to work on a dance independently and in a group. ✓ How to design movements using a stimuli with support. ✓ How to use dance vocabulary. ✓ How to perform dances with an awareness of rhythm on my own or in a group. ✓ How to listen to a partner or adult and follow instructions correctly. ✓ How to begin to use compass points. ✓ How to talk through activities by thinking them through. ✓ How to begin to choose strategies. 		<ul style="list-style-type: none"> ✓ How to improve the quality of rolls through gymnastics. ✓ How to improve the quality of jumps through gymnastics. ✓ How to improve the quality of travel through gymnastics. ✓ How to improve the quality of body shapes through gymnastics. ✓ How to improve the quality of balances through gymnastics. ✓ How to describe my gymnastics work using correct vocabulary. ✓ How to explore, copy and remember a variety of movements. ✓ How to use movements to create my own sequence. 		<ul style="list-style-type: none"> ✓ How to decide where and when to run with purpose. ✓ How to pass/throw a ball including underarm, chest pass, over arm, over arm and bounce pass. ✓ How to travel bouncing a ball. ✓ How to receive a ball under pressure.

<ul style="list-style-type: none"> ✓ How to work as part of a team. ✓ How to develop my knowledge of different games. ✓ How to use skills with coordination and control. ✓ How to apply possession to game situations. ✓ How to give reasons for my choices. ✓ How to use and find space to receive the ball. ✓ How to use battling and throwing skills to make it hard for opponents. ✓ Know what attacking and defending are. ✓ How to describe a performance. ✓ How to use the appropriate vocabulary when giving feedback. ✓ How to make suggestions to improve my performance. ✓ How to work with a partner or group to improve my skills. ✓ How to improve my own and others performances. 	<ul style="list-style-type: none"> ✓ How to stay safe when outdoors. 	<ul style="list-style-type: none"> ✓ How to apply compositional ideas. ✓ How to use compositional ideas independently and with others to create a sequence. ✓ How to develop good technique of taught skills when using equipment. ✓ How to describe a performance. ✓ How to use the appropriate vocabulary when giving feedback. ✓ How to make suggestions to improve my performance. ✓ How to work with a partner or group to improve my skills. ✓ How to improve my own and others performances. 	<ul style="list-style-type: none"> ✓ How to work as part of a team. ✓ How to develop my knowledge of different games. ✓ How to use skills with coordination and control. ✓ How to apply possession to game situations. ✓ How to give reasons for my choices. ✓ How to use and find space to receive the ball. ✓ How to use battling and throwing skills to make it hard for opponents. ✓ Know what attacking and defending are. ✓ How to run at speeds appropriate for the distance. ✓ How to perform a running jump with some accuracy. ✓ How to perform a variety of throws using a selection of equipment.
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