

Our PE journey in Year 3



- Key Words:
- Balance
 - Throw
 - Jump
 - Sprint
 - Grip
 - Direction



At the end of Y3 I am now ready to move into Y4, where I can further develop my skills and extend my knowledge of how to live a healthy, active lifestyle, with a love of sport!

Know how to perform a basic jumping technique (long jump/ speed bounce)

Understand how to start and where to finish track events over a given distance.



Athletics

Hold and pass the baton during a relay race

Can make contact with a tennis ball when fed with control.

Hold a tennis racket correctly (V Grip/Handshake grip).

Key words

- V Grip
- Forehand
- Backhand
- Ready Position
- Serve

Throw object in intended direction with basic technique (javelin, shot put, ball throw)

Be able to catch a ball from a close distance.

Show signs of understanding the 'C motion'

Racket sports

Implement previous invasion skills in Tag Rugby

Move with co-ordination and control

Key words

- Muscles
- Heart rate
- Exercise
- Run
- Jump
- Skip
- Station
- Rest
- Speed

Be able to grip a bat correctly.

Underarm bowl using the underarm technique.

Be able to catch a ball from a close distance.

Show some signs of throwing to a target.

Striking and fielding

Summer Term

Invasion Games

Perform pair/group dances involving canon & unison, levels and speeds.

Key words

- Variety
- Movement
- Canon
- Unison
- Pattern
- Level
- Speed
- Perform
- Control

Copy and perform a basic routine on my own and with a partner

Understand the different skills required to play inclusive games

Inclusive Games

Fitness

Recall short and simple dance movements and perform with control.

Attempt to take part in exercises for longer periods of time.

Copy basic movement patterns and explore own ideas.

Know how to safely jump and land

Attempt a wide range of rolls including egg, log, dish and teddy bear roll

Perform a forward roll safely

To add my own ideas to a simple routine to improve it

Aesthetics

Spring Term

Object Control

Key Words

- Passing
- Control
- Shoot
- Defend
- Warm-up
- Cool-down
- On-your-toes
- Head-up

Safely perform a teacher led warm-up & cool down.

Know where space is and try to move into it.

Mark another player and defend when needed.

Key words

- Bounce pass
- Cool down
- Court
- Chest pass
- Obstruction
- Overhead pass
- Shooting
- Side line

Object Control

Invasion games

Use a chest pass and shoulder pass to support team in scoring.

Make a series of passes to team mates moving towards a scoring area with control.

Understand the terms of attack and defence.

Sometimes land 1-2 with correct football.

Show some signs of using a chest pass and shoulder pass.

Can show how to mark (defend) a player.

Can shoot at a wide target with some power and some accuracy..

Can sometimes stop a rolling ball.

Invasion games

Autumn Term

YOU ROCK

Key words

- Bounce pass
- Cool down
- Court
- Chest pass
- Obstruction
- Overhead pass
- Shooting
- Throw in
- Warm up