

Year 3 - Physical Education

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Dance	Ball Skills	Gymnastics	Dodgeball	Swimming	Swimming
See <i>dance website page</i> .	<ul style="list-style-type: none"> Develop dribbling skills with hands and feet Develop tracking and catching/throwing/kicking skills Track a ball that is not sent directly to me Apply sending and receiving skills in games 	<ul style="list-style-type: none"> Create and develop interesting point and patch balances including using apparatus Develop stepping into shape jumps with control including using apparatus Develop straight, barrel and forward roll and use rolls as part of a sequence including with apparatus Transition smoothly in and out of balances including when using apparatus Create sequences with matching and contrasting actions including on apparatus Create a partner sequence using the above skills including a hoop and/or apparatus 	<ul style="list-style-type: none"> To develop throwing towards a moving target and progressing to developing throwing to getting players out Develop skills to avoid being hit by opposing players Develop catching skills Attempt to apply the above skills confidently in a game 	See <i>swimming website page</i> .	See <i>swimming website page</i> .
Fundamentals	OAA	Fitness	Tennis	Athletics	Football
<ul style="list-style-type: none"> Develop balance and apply it to a variety of movements Understand how different speeds effect how the body moves Develop technique when changing speed and direction and use this to develop agility 	<ul style="list-style-type: none"> Develop co-operation, teamwork skills and trust Work towards a shared goal ensuring all team members are involved Develop trust whilst listening to others and following instructions Identify objects, draw and follow a simple map Draw a route using directions 	<ul style="list-style-type: none"> To understand how the following help us in everyday life: <ul style="list-style-type: none"> Balance Co-ordination Strength Speed Agility Stamina 	<ul style="list-style-type: none"> Develop racket and ball control Develop using a forehand and backhand to return the ball and understand when to use these Use increasing technique to keep a continuous rally To understand and apply rules and simple tactics to both play and manage a game 	<ul style="list-style-type: none"> Improve personal bests by developing sprinting technique Develop changeover technique in relay Understand and use a range of approaches and take off positions to develop jumping technique 	<ul style="list-style-type: none"> Understand the role of an attacker and defender Develop the skills needed to lose a defender and find a space Learn how to score and understand that this is an attacking skill Apply skills, knowledge and tactics to small-sided games using football rules

<ul style="list-style-type: none">• Develop technique and control when jumping, hopping and landing• Apply fundamental skills to a variety of games	<ul style="list-style-type: none">• Orientate a map and navigate around a grid			<ul style="list-style-type: none">• Develop throwing for distance and accuracy, particularly in a pull throw• Develop officiating and performing skills	
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