

Our PE journey in Year 3



MISSION

ACCOMPLISHED

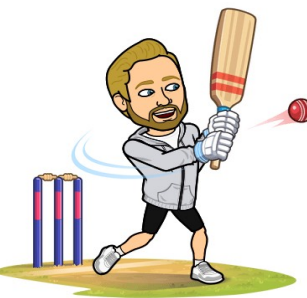
At the end of Y3 I am now ready to move into Y4, where I can further develop my skills and extend my knowledge of how to live a healthy, active lifestyle, with a love of sport!

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.

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

End of Year



Show some signs of throwing to a target.

Be able to underarm bowl using the underarm technique.

- Key words**
- Underarm Bowl
 - Catch
 - Target
 - Grip
 - Strike
 - Field
 - Score
 - Out

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

Be able to catch a ball from a close distance.

Be able to grip a bat correctly.

Striking and fielding



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

Be able to perform simple single balances for 3-5 seconds

- Key words**
- Balance
 - Roll
 - Stretch
 - Jump
 - Land
 - Travel
 - Perform
 - Routine

Racket sports

- Key words**
- V Grip
 - Forehand
 - Backhand
 - Ready Position
 - Serve

Be able to plan the best route from your current location to the next control.

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

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



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

Copy basic movement patterns and explore own ideas.

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

- Key words**
- Variety
 - Movement
 - Canon
 - Unison
 - Pattern
 - Level
 - Speed
 - Perform
 - Control

Hold and pass the baton during a relay race

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

To be able to recognise Start and Finish symbols

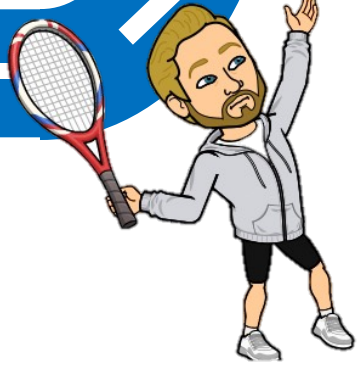
- Key words**
- Map/Plan
 - Cool down
 - Setting the map
 - Symbols
 - Thumbing
 - Route Choice
 - Agility
 - Running Techniques

Begin to dribble the ball when moving around the court

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

- Key Words**
- Passing
 - Control
 - Shoot
 - Defend
 - Dribble
 - Warm-up
 - Cool-down
 - On-your-toes
 - Head-up

Athletics



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

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

- Key words**
- Muscles
 - Heart rate
 - Exercise
 - Run
 - Jump
 - Skip
 - Station
 - Rest
 - Speed

Recall short and simple dance movements and perform with control.

Move with coordination and control

- Key words**
- Balance
 - Throw
 - Jump
 - Sprint
 - Grip
 - Direction

Show signs of understanding the 'C' motion

Understand the terms of attack and defence.

To shoot towards a basket using a signs of a chest push

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

Can sometimes stop a rolling ball.

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



Sometimes land 1-2 with correct football.

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

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



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

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

Invasion games

- Key Words**
- Passing
 - Control
 - Shoot
 - Defend
 - Dribble
 - Warm-up
 - Cool-down
 - On-your-toes
 - Head-up

Autumn Term

Spring Term

Aesthetics

OAA

Summer Term