



Our PE journey in Year 3



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



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

Be able to catch a ball from a close distance.

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

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

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

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

Athletics

Show signs of understanding the 'C motion'



Striking and fielding

Summer Term

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

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



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

Q&A

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

Recall short and simple dance movements and perform with control.



Know how to safely jump and land

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



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

Copy basic movement patterns and explore own ideas.

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

Move with co-ordination and control

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

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

Aesthetics

Spring Term

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

Fitness

Understand the terms of attack and defence.

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

Begin to dribble the ball when moving around the court



Sometimes land 1-2 with correct football.

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.

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

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

Can show how to mark (defend) a player.

Know how to dribble with the correct part of the foot

Invasion games

Autumn Term

- 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 sometimes stop a rolling ball.

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



LET'S GO!