

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.



End of Year

Athletics

Show signs of understanding the 'C motion'

Hold and pass the baton during a relay race

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

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

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

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

Be able to catch a ball from a close distance.



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

Striking and fielding

Be able to grip a bat correctly.

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.



OAA

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

Recall short and simple dance movements and perform with control.



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

Perform safe self-rescue in different water based situations



Swimming

Know how to safely jump and land

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

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

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

Perform a forward roll safely

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

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

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

Aesthetics

Spring Term

I can perform pair balances with control

- 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

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

Fitness

Understand the terms of attack and defence.

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

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

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

Can show how to mark (defend) a player.

Know how to dribble with the correct part of the foot

Invasion games

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 sometimes stop a rolling ball.

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

Autumn Term

