



PE Year 3 Overview

Autumn	Spring	Summer
KS2 National Curriculum		
<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination. Play competitive games and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics], compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>		
Year 3 Key Learning	Year 3 Key Learning	Year 3 Key Learning
<p><u>Athletics</u></p> <ul style="list-style-type: none"> To use effective take-off and landing technique when jumping for distance To understand how to apply pacing during running challenges To use effective sprint techniques <p><u>Gymnastic</u></p> <ul style="list-style-type: none"> To adapt travelling movements when on floor or apparatus To link and move between different balances To perform sideways rolls with control and body tension To recognise high quality movements when performing a range of jumps 	<p><u>Dance</u></p> <ul style="list-style-type: none"> To perform in time to a controlled beat To create new actions that link to a theme To perform movements with good fluency To create movements with a partner which include the idea of 'push' and 'pull' / 'under' and 'over' <p><u>Keeping possession - Netball</u></p> <ul style="list-style-type: none"> Use chest, bounce, and overhead pass successfully. Identify when in the correct position to receive the ball Identify how creating space can help their team to keep possession. 	<p><u>Linking actions - Basketball</u></p> <ul style="list-style-type: none"> To use chest, bounce and overhead passes successfully To identify and move into the correct position to receive a ball To dribble with control and accuracy <p><u>OAA</u></p> <ul style="list-style-type: none"> Use teamwork to complete challenges. Orientate and create a map. Communicate to solve problems.

<p>Athletics – Cardiovascular, sprinting, determination, inspiration, landing and perseverance</p> <p>Gymnastics – straddle, pike, tuck, balance, forward roll, rocking, sequence and inspiration</p>	<p>Dance – emotion, feeling, speed, canon and unison</p> <p>Keeping possession netball – chest, bounce, overhead, pass, target, positioning, possession and defending</p>	<p>Linking actions basketball – chest, bounce, overhead, pass, target, positioning and accuracy</p> <p>OAA – map, orientate, setting, teamwork, plan, plot and trust</p>
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