

National Curriculum Objectives: In this unit, children will be taught to:

Athletics		Ball Skills	
Skills	Knowledge	Skills	Knowledge
- Running: develop the sprinting technique and apply it to relay events. - Jumping: develop technique when jumping for distance in a range of approaches and take off positions. - Throwing: explore the technique for a pull throw.	- Running: understand that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down. - Jumping: know that if I jump and land quickly it will help me to jump further. - Throwing: understand that the speed of the movement helps to create power. Rules: know the rules of the event and begin to apply them.	- Sending: send a ball with accuracy and increasing consistency to a target. - Catching: catch a range of objects with increasing consistency. - Tracking: track a ball not sent directly. - Dribbling: dribble a ball with hands and feet with control.	- Sending: know that pointing my hand/foot to my target on release will help me to send a ball accurately. - Catching: know to move my feet to the ball. - Tracking: know that using a ready position will help me to react to the ball. - Dribbling: know that dribbling is an attacking skill used in games which helps us to move towards a goal or away from defenders.
Dance		Fitness	
Skills	Knowledge	Skills	Knowledge
- Actions: create actions in response to a stimulus individually and in groups. - Dynamics: use dynamics effectively to express an idea. - Space: use direction to transition between formations. - Relationships: develop an understanding of formations. - Performance: perform short, self-choreographed phrases showing an awareness of timing.	- Actions: understand that sharing ideas with others enables my group to work collaboratively and try ideas before deciding on the best actions for our dance. - Dynamics: understand that all actions can be performed differently to help to show effect. - Space: understand that I can use space to help my dance to flow. - Relationships: understand that 'formation' means the same in dance as in other activities such as football, rugby and gymnastics. - Performance: understand that I can use timing techniques such as canon and unison to create effect. - Strategy: know that if I show sensitivity to the music, my performance will look more complete.	- Agility: show balance when changing direction. - Balance: explore more complex activities which challenge balance. - Co-ordination: co-ordinate my body with increased consistency in a variety of activities. - Speed: explore sprinting technique. - Strength: explore building strength in different muscle groups. - Stamina: explore using my breath to increase my ability to work for longer periods of time.	- Agility: understand how agility helps us with everyday tasks. - Balance: understand how balance helps us with everyday tasks. - Co-ordination: understand how co-ordination helps us with everyday tasks. - Speed: understand that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down. - Strength: know that when completing strength activities, they need to be performed slowly and with control to help me to stay safe. - Stamina: understand how stamina helps us in other life activities.
Fundamentals		Gymnastics	
Skills	Knowledge	Skills	Knowledge

PE Skills & knowledge in Year 3

- Running: change direction. Show an increase and decrease in speed. - Balancing: demonstrate balance when performing other fundamental skills. - Jumping and hopping: link jumping and hopping actions. - Skipping: jump and turn a skipping rope.	- Running: understand that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down. Understand how agility helps us with everyday tasks. - Balancing: understand how balance helps us with everyday tasks. - Jumping and hopping: know that if I jump and land quickly, it will help me to jump further. - Skipping: understand that I should turn the rope from my wrists with wide hands to create a gap to step through.	- Shapes: explore matching and contrasting shapes. - Balances: explore point and patch balances and transition smoothly into and out of them. - Rolls: develop the straight, barrel, and forward roll. - Jumps: develop stepping into shape jumps with control.	- Shapes: understand how to use body tension to make my shapes look better. - Balances: understand that I can make my balances look interesting by using different levels. - Rolls: understand the safety considerations when performing more difficult rolls. - Jumps: understand that I can change the take off and shape of my jumps to make them look interesting. - Strategy: know that if I use different levels it will help to make my sequence look interesting.
Invasion Games		Net and Wall Games	
Skills	Knowledge	Skills	Knowledge
- Sending & receiving: explore s&r abiding by the rules of the game. - Dribbling: explore dribbling the ball abiding by the rules of the game under some pressure. - Space: develop using space as a team. - Attacking: develop movement skills to lose a defender. Explore shooting actions in a range of invasion games. - Defending: develop tracking opponents to limit their scoring opportunities.	- Sending & receiving: know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately. - Dribbling: know that dribbling is an attacking skill which helps us to move towards a goal or away from defenders. - Space: know that by spreading out as a team, we move the defenders away from each other. - Attacking and defending: know my role as an attacker and defender. - Tactics: know that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession. - Rules: know the rules of the game and begin to apply them.	- Shots: explore returning a ball using shots such as the forehand and backhand. - Rallying: explore rallying using a forehand. - Footwork: consistently use and return to the ready position in between shots.	- Shots: know that pointing the racket face/my hand where I want the ball to go and turning my body will help me to hit accurately. - Rallying: know that hitting towards my partner will help them to return the ball easier and keep the rally going. - Footwork: know that moving to the middle of my court will enable me to cover the most space. - Tactics: know that using simple tactics will help to achieve an outcome e.g. if we spread out, we can cover more space. - Rules: know the rules of the game and begin to apply them.
Outdoor		Striking and Fielding	
Skills	Knowledge	Skills	Knowledge
Problem solving: discuss how to follow trails and solve problems.	Problem solving: know that trying ideas before deciding on a solution	Striking: begin to strike a bowled ball after a bounce with different equipment.	Striking: know that striking to space away from fielders will help me to score.

PE Skills & knowledge in Year 3

Work with others to select appropriate equipment for the task. • Navigational skills: identify where I am on a simple map. Use and begin to create simple maps and diagrams and follow a trail. • Communication: follow and give instructions and accept other peoples' ideas.	will help us to come up with the best idea. • Navigational skills: know to hold the map so that the items on the map match up to the items that have been placed out. • Communication: know to take turns when giving ideas and not to interrupt each other. • Reflection: reflect on when and why I am successful at solving challenges. • Rules: know that using the rules honestly will help to keep myself and others safe.	• Fielding: explore bowling to a target and fielding skills to include a two-handed pick up. • Throwing: use overarm and underarm throwing in game situations. • Catching: catch with some consistency in game situations.	• Fielding: know to look at where a batter is before deciding what to do. Know to communicate with teammates before throwing them a ball. • Throwing: understand that being balanced before throwing will help to improve the accuracy of the throw. • Catching: know to move my feet to the ball. • Tactics: know that using simple tactics will help my team to achieve an outcome e.g. we will spread out to deny space. • Rules: know the rules of the game and begin to apply them.
Target Games		Yoga	
Skills	Knowledge	Skills	Knowledge
• Throwing: explore throwing at a moving target. • Catching (dodgeball): begin to catch whilst on the move. • Striking: begin to strike a ball with accuracy and balance.	• Throwing: know to throw slightly ahead of a moving target. • Catching (dodgeball): know that beginning in a ready position will help me to react to the ball. • Striking: know that using a bigger swing will give me more power. • Tactics: know that using simple tactics will help my team to achieve an outcome e.g. spread out so that we are harder to aim for. • Rules: know the rules of the game and begin to apply them.	• Balance: demonstrate increased control when in poses. • Flexibility: explore poses and movement in relation to my breath. • Strength: explore balances showing some stability. • Strategy: develop my ability to stay still and keep my focus.	• Balance: understand that if I use the whole of the body part in contact with the floor, it will help me to balance. • Flexibility: know that if I move as I breathe out, I can stretch a little bit further. • Strength: understand that I need to use different body parts and muscles for different poses. • Strategy: know that I can use my breath to focus.