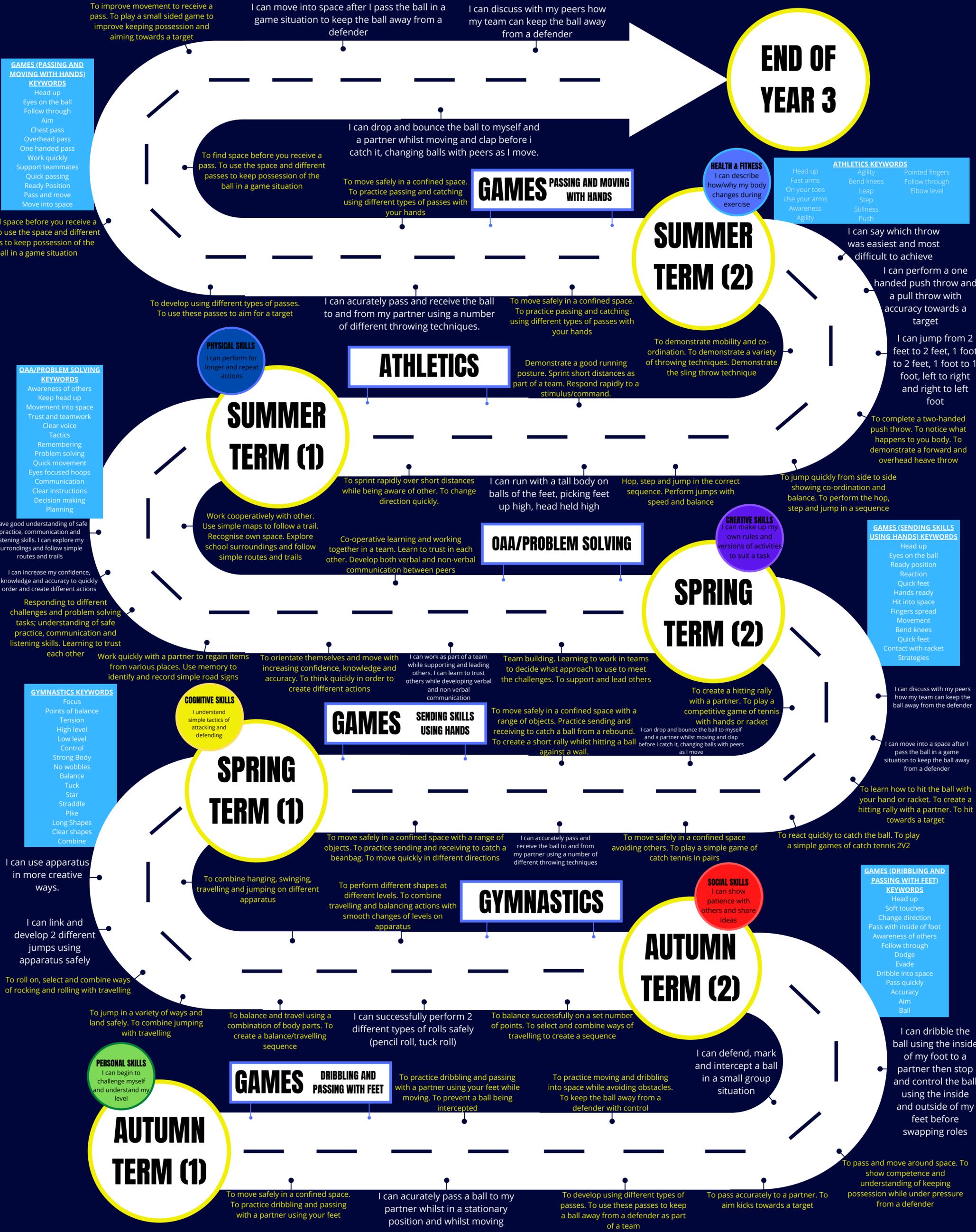


# Our PE Journey in Year 3 (Excluding Dance and MultiSkills)



**GAMES (PASSING AND MOVING WITH HANDS) KEYWORDS**

- Head up
- Eyes on the ball
- Follow through
- Aim
- Chest pass
- Overhead pass
- One handed pass
- Work quickly
- Support teammates
- Quick passing
- Ready Position
- Pass and move
- Move into space

To find space before you receive a pass. To use the space and different passes to keep possession of the ball in a game situation

To develop using different types of passes. To use these passes to aim for a target

**OAA/PROBLEM SOLVING KEYWORDS**

- Awareness of others
- Keep head up
- Movement into space
- Trust and teamwork
- Clear voice
- Tactics
- Remembering
- Problem solving
- Quick movement
- Eyes focused hoops
- Communication
- Clear instructions
- Decision making
- Planning

I have good understanding of safe practice, communication and listening skills. I can explore my surroundings and follow simple routes and trails

I can increase my confidence, knowledge and accuracy to quickly order and create different actions

Responding to different challenges and problem solving tasks; understanding of safe practice, communication and listening skills. Learning to trust each other

**GYMNASTICS KEYWORDS**

- Focus
- Points of balance
- Tension
- High level
- Low level
- Control
- Strong Body
- No wobbles
- Balance
- Tuck
- Star
- Straddle
- Pike
- Long Shapes
- Clear shapes
- Combine

I can use apparatus in more creative ways.

I can link and develop 2 different jumps using apparatus safely

To roll on, select and combine ways of rocking and rolling with travelling

**PERSONAL SKILLS**

- I can begin to challenge myself and understand my level

To move safely in a confined space. To practice dribbling and passing with a partner using your feet

To pass and move around space. To show competence and understanding of keeping possession while under pressure from a defender

I can move into space after I pass the ball in a game situation to keep the ball away from a defender

To find space before you receive a pass. To use the space and different passes to keep possession of the ball in a game situation

To develop using different types of passes. To use these passes to aim for a target

**PHYSICAL SKILLS**

- I can perform longer and repeat actions

Work cooperatively with other. Use simple maps to follow a trail. Recognise own space. Explore school surroundings and follow simple routes and trails

**COGNITIVE SKILLS**

- I understand simple tactics of attacking and defending

To combine hanging, swinging, travelling and jumping on different apparatus

To balance and travel using a combination of body parts. To create a balance/travelling sequence

To move safely in a confined space. To practice dribbling and passing with a partner using your feet

I can discuss with my peers how my team can keep the ball away from a defender

I can drop and bounce the ball to myself and a partner whilst moving and clap before I catch it, changing balls with peers as I move.

To move safely in a confined space. To practice passing and catching using different types of passes with your hands

I can accurately pass and receive the ball to and from my partner using a number of different throwing techniques.

To sprint rapidly over short distances while being aware of other. To change direction quickly.

Co-operative learning and working together in a team. Learn to trust in each other. Develop both verbal and non-verbal communication between peers

To orientate themselves and move with increasing confidence, knowledge and accuracy. To think quickly in order to create different actions

To move safely in a confined space with a range of objects. To practice sending and receiving to catch a beanbag. To move quickly in different directions

I can successfully perform 2 different types of rolls safely (pencil roll, tuck roll)

I can accurately pass a ball to my partner whilst in a stationary position and whilst moving

## GAMES PASSING AND MOVING WITH HANDS

## ATHLETICS

## OAA/PROBLEM SOLVING

## GAMES SENDING SKILLS USING HANDS

## GYMNASTICS

## GAMES DRIBBLING AND PASSING WITH FEET

## END OF YEAR 3

## SUMMER TERM (2)

## SPRING TERM (2)

## AUTUMN TERM (2)

**HEALTH & FITNESS**

- I can describe how/why my body changes during exercise

**ATHLETICS KEYWORDS**

- Head up
- Fast arms
- On your toes
- Use your arms
- Awareness
- Agility
- Agility
- Bend knees
- Leap
- Step
- Stillness
- Push
- Pointed fingers
- Follow through
- Elbow level

I can say which throw was easiest and most difficult to achieve

I can perform a one handed push throw and a pull throw with accuracy towards a target

I can jump from 2 feet to 2 feet, 1 foot to 2 feet, 1 foot to 1 foot, left to right and right to left foot

To complete a two-handed push throw. To notice what happens to you body. To demonstrate a forward and overhead heave throw

To jump quickly from side to side showing co-ordination and balance. To perform the hop, step and jump in a sequence

**CREATIVE SKILLS**

- I can make up my own rules and versions of activities to suit a task

**GAMES (SENDING SKILLS USING HANDS) KEYWORDS**

- Head up
- Eyes on the ball
- Ready position
- Reaction
- Quick feet
- Hands ready
- Hit into space
- Fingers spread
- Movement
- Bend knees
- Quick feet
- Contact with racket
- Strategies

I can discuss with my peers how my team can keep the ball away from the defender

I can move into a space after I pass the ball in a game situation to keep the ball away from a defender

To learn how to hit the ball with your hand or racket. To create a hitting rally with a partner. To hit towards a target

To react quickly to catch the ball. To play a simple games of catch tennis 2V2

**SOCIAL SKILLS**

- I can show patience with others and share ideas

**GAMES (DRIBBLING AND PASSING WITH FEET) KEYWORDS**

- Head up
- Soft touches
- Change direction
- Pass with inside of foot
- Awareness of others
- Follow through
- Dodge
- Evade
- Dribble into space
- Pass quickly
- Accuracy
- Aim
- Ball

I can dribble the ball using the inside of my foot to a partner then stop and control the ball using the inside and outside of my feet before swapping roles

I can defend, mark and intercept a ball in a small group situation

To practice moving and dribbling into space while avoiding obstacles. To keep the ball away from a defender with control

To balance successfully on a set number of points. To select and combine ways of travelling to create a sequence

To develop using different types of passes. To use these passes to keep a ball away from a defender as part of a team

To pass accurately to a partner. To aim kicks towards a target