

Year 3 - Knowledge and Skills Coverage			PE			
NC Use running, jumping, throwing and catching in isolation and in combination Play competitive games and apply basic principles suitable for attacking and defending	NC Use running, jumping, throwing and catching in isolation and in combination Play competitive games and apply basic principles suitable for attacking and defending	NC Use running, jumping, throwing and catching in isolation and in combination Play competitive games and apply basic principles suitable for attacking and defending	NC Develop flexibility, strength, technique, control and balance Perform dances using a range of movement patterns	NC Develop flexibility, strength, technique, control and balance	NC Take part in outdoor and adventurous activity challenges both individually and within a team	NC Swim competently, confidently and proficiently over a distance of at least 25 metres.
Games: Invasion	Games: Striking & Fielding	Athletics	Dance	Gymnastics	OAA	Swimming
<u>Handball</u> <ul style="list-style-type: none"> •Introduce passing and receiving •Introduce passing and creating space •Develop passing and moving •Combine passing and moving •Combine passing and shooting •Develop passing and shooting <u>Basketball</u> <ul style="list-style-type: none"> •Introduce dribbling; keeping control •Introduce passing and receiving •Combine dribbling and passing to create space •Develop passing, 	<u>Cricket</u> <ul style="list-style-type: none"> •Introduction to batting and fielding •Introduce overarm throwing •Apply overarm and underarm throwing •Introduce catching •Introduce striking the ball with intent Games: Net/wall	<u>Throwing & Jumping</u> <ul style="list-style-type: none"> •Jumping for distance using standing long jump •Jumping for distance using standing triple jump • Explore the differences between throwing for accuracy and throwing for distance. • Develop pupils' understanding of throwing for distance. 	<u>Wild Animals/ Weather</u> <ul style="list-style-type: none"> •Responding to stimuli •Developing character dance into a motif •Extending sequences with a partner in character •Developing sequences with a partner in character that shows relationships •Extending dance skills in choreography 	<u>Symmetry & Asymmetry</u> <ul style="list-style-type: none"> •Introduction to symmetry •Introduction to asymmetry •Application of learning onto apparatus •Sequence formation •Sequence completion 	<u>Problem Solving –</u> <ul style="list-style-type: none"> • Co-operate as part of a team • Recognise aspects of an effective team 	<u>Swimming</u> <ul style="list-style-type: none"> •Swim between 10 and 25 metres unaided. • Use more than one stroke and coordinate breathing as appropriate for the stroke being used. • Coordinate leg and arm movements. • Swim at the surface and below the water.

All unit titles link to the relevant sequence from 'Complete PE' planning. These sequences and objectives are subject to change when specialist coaches have been utilised.

<p>receiving and dribbling •Introduce shooting</p> <p>Tag Rugby</p> <ul style="list-style-type: none"> • Introduce moving with the ball, passing and receiving • Introduce tagging • Create space when attacking • Develop passing and moving • Combine passing and moving to create attacking opportunities <p>Hockey</p> <ul style="list-style-type: none"> •Introduce dribbling; keeping control •Introduce passing and receiving •Combine dribbling and passing to create space •Develop passing, Combine passing and shooting •Develop passing and shooting 	<p>Tennis</p> <p>Introduce to tennis</p> <p>Creating space to win a point</p> <p>Consolidate how to win a game</p> <p>Introduce the forehand</p>					
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