



Year 3 – PE Overview

Autumn Netball- Invasion games Gymnastics	Spring Dance Hockey- Invasion games	Summer Athletics Cricket- Striking/Fielding games
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Games	Gym	Dance	Athletics	Outdoor	Evaluation
G1 I can begin to travel in a variety of directions and for purpose (defending/attacking)	GY1 I can improve the quality of my rolls, jumps, travel, body shapes and balance.	D1I can begin to improvise independently to create a simple dance	A1 I can run at speeds appropriate for the distance.	O1 I can begging to develop listening skills when listening to a partner or adult	E1 I can watch and describe a performance
G2 I can travel bouncing a ball with some control	GY2 I can describe my own work using simple gym vocabulary	D2 I can begin to improvise with a partner to create a simple dance.	A2 I can perform a running jump with some accuracy	O2 I can begin to use compass points	E2 I can begin to think about how I can improve my work
G3 I can confidently send the ball to others in a range of ways (underarm, chest pass, over arm,	GY3 I can copy, explore and remember a variety of movements and use them to create my own sequence	D3 I can translate ideas from stimuli to movement with support	A3 I can perform a variety of throws using a selection of equipment	O3 I can begin to think activities through	E3 I can work with a partner or with a small group to improve my skills



over arm and bounce pass)					
G4 I can receive a ball with control when under pressure in game state.	GY4 I can apply compositional ideas independently and with others to create a sequence.	D4 I can begin to compare and adapt movements and motifs to create a larger sequence.		O4 I can begin to understand how to stay safe	E4 I can make suggestions in how to improve my work
G5 I can use skills with coordination and control.	GY5 I can begin to develop good technique of taught skills when using equipment.	D5 I can use simple dance vocabulary to improve and compare work.			
G6 I can communicate, work as a team and begin to compete during game situations		D6 I can perform dances with an awareness of rhythm on their own or in a group.			
G7 I can develop my knowledge of games					
G8 I can understand the term possession and when it apply during game play.					
G9 I can choose good places to stand (space) when receiving					



and give reasons for their choice					
G11 I can explain what attacking and defending is					
G12 - I can strike a ball with and throw it more accurately when bowling and/or fielding.					

Topic Coverage		
Autumn Netball- Invasion games Gymnastics	Spring Dance Hockey- Invasion games	Summer Athletics Cricket- Striking/Fielding games
G1, G3, G4, G5, G6, G7, G8, G9 GY1, GY2, GY3, GY4, GY5 E1, E2, E3, E4	D1, D2, D3, D4, D5, D6 G1, G4, G5, G6, G7, G8, G9, G11 E1, E2, E3, E4	A1, A2, A3 G1, G2, G3, G4, G5, G6, G7, G8, G9, G10, G11, G12 E1, E2, E3, E4
Vocabulary	Vocabulary	Vocabulary



<p><u>Netball- Invasion Games</u> Defending, Attacking, Travel, Bouncing, Control, Possession</p> <p><u>Gymnastics</u> Landing Position, Body Tension, Point, Contrast, Take Off, Match</p>	<p><u>Dance</u> Canon, Formation, Performance, Order, Interact, Structure,</p> <p><u>Hockey- Invasion Games</u> Control, Tactic, Shoot, Backhand, Opponent, Opposition</p>	<p><u>Athletics</u> Relay, Sprinting, Speed, Jumping, Baton, Take Off, Throwing</p> <p><u>Cricket- Striking/Fielding Games</u> Overarm, Underarm, Striking, Fielding, Batting, Tactic</p>
<p>I will know...</p>	<p>I will know...</p>	<p>I will know...</p>
<p><u>Netball- Invasion Games</u></p> <ul style="list-style-type: none"> - To develop passing and moving and play within the footwork rule - To use a variety of passes to move towards a goal - To develop movement skills to lose a defender. - To defend an opponent and try to win the ball. - To develop the shooting action. - To apply skills and knowledge to play games using netball rules. <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> - To be able to create interesting point and patch balances. - To develop stepping into shape jumps with control. - To develop the straight and barrel roll - To be able to transition smoothly into and out of balances. - To create a sequence with matching and contrasting actions and shapes. To create a partner sequence using the skills I have learnt 	<p><u>Dance</u></p> <ul style="list-style-type: none"> - To create actions in response to a stimulus and move in unison with a partner. - To select and link appropriate actions and dynamics to show a dance. - To remember, repeat and create actions to represent an idea. - To use choreographing ideas to develop our dance. - To use formations, canon and unison in our dance <p>To structure a dance to represent a theme.</p> <p><u>Hockey- Invasion Games</u></p> <ul style="list-style-type: none"> - To develop sending and receiving the ball with accuracy and control. To develop the attacking skill of dribbling. - To develop dribbling to beat a defender. - To use defending skills to delay an opponent and gain possession. - To apply attacking skills to move towards goal and find space. - To apply skills and knowledge to compete in a Hockey game. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> - To develop the sprinting technique - To develop changeover technique in relay events. - To develop jumping technique in a range of approaches and take off positions - To develop throwing for distance and accuracy. - To develop throwing for distance in a pull throw. <p><u>Games – Cricket</u></p> <ul style="list-style-type: none"> - To develop overarm and underarm throwing - To develop the bowling technique and learn the rules of the skill within this game. - To develop the batting technique and understand where to hit the ball. - To develop fielding techniques and apply them to game situations. - To play different roles in a game and begin to think tactically about each role.



		<ul style="list-style-type: none">- To apply skills and knowledge to compete in a Cricket game.
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