

PE Skills Progression Year 3

Year 3	Invasion Games (Competitive sports)	Gymnastics	Dance	Net and Wall	Striking and Fielding	Multi-skills and athletics	Outdoor/Forest School
Key Skills	<p>Practise passing to a partner using a number of sending and receiving techniques.</p> <p>Improve accuracy of passes and use space to keep possession better.</p> <p>Remain in control of ball while travelling.</p> <p>Use communication skills to help others know where they are going.</p> <p>Look when travelling and what happens after they have passed ball.</p> <p>Play games that</p>	<p>Develop and perform actions.</p> <p>Practice and concentrate on quality of movement.</p> <p>Link different balances moving in and out of positions of stillness.</p> <p>Transfer weight smoothly from one part of body to another.</p> <p>Use actions on floor and over, through, across and along apparatus.</p> <p>Vary and apply actions on floor and apparatus.</p>	<p>Improvise freely on their own and with a partner translating ideas from a stimulus to a movement.</p> <p>Keep up an activity over a period of time.</p> <p>Know what they need to warm up and cool down for dance.</p>	<p>Practise throwing and catching with a variety of different balls and using different types of throwing.</p> <p>Hit the ball with a racket.</p> <p>Use different shots.</p> <p>Play games using throwing and catching skills.</p> <p>Vary strength, length and direction of throw.</p> <p>Know how they can make it difficult for opponent to receive ball.</p> <p>Stand when</p>	<p>Consolidate and develop the range and consistency of their skills in striking and fielding games.</p> <p>Recognise how specific activities affect their bodies.</p> <p>Understand the importance of keeping warm.</p>	<p>Choose skills and equipment to meet the challenges they are set.</p> <p>Use different techniques, speeds and effort to meet challenges set for running, jumping and throwing.</p> <p>Recognise and describe what their bodies feel like during different types of activity.</p> <p>Describe what happens to their heart, breathing and temperature during different types of athletic activity.</p>	<p>Den building.</p> <p>Leaf I.D.</p> <p>Bug hunt.</p> <p>Tree climbing.</p> <p>Art & craft making spiritual face/design with leaves, sticks, mud.</p> <p>Sessions on fire and safety. Make own tools. Make own small scale fires. Cooking tasty snacks weekly with fire.</p> <p>Using tools.</p>



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	<p>involve keeping possession and scoring in targets. 3vs 1 and 4vs 1 games.</p> <p>Know which passes are best, tactics to keep possession.</p> <p>Find space to receive and support. Know what to think about when team has and hasn't got the ball.</p> <p>How to organise themselves differently to play each of the games successfully.</p> <p>Understand patterns of play- if ball is in a certain position where should players be?</p>	<p>Copy a partner's sequence on floor and apparatus.</p> <p>Perform easy combinations of contrasting actions.</p> <p>Choose combinations that work in their sequences.</p> <p>Reflect how they devise sequences.</p>		<p>receiving.</p> <p>Understand attack and defence tactics.</p> <p>Understand rules about the games</p>			
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<p>When Taught and who by (black - sports coach) (green - class teacher)</p>	<p>Spring 2 - Netball</p> <p>Summer 2 - Tag Rugby</p> <p>Autumn 1 Football</p> <p>Spring 1 Handball</p> <p>Spring 2 Basketball</p>	<p>Spring 1 Gymnastics</p>	<p>Autumn 1 Dance</p>	<p>Autumn 2 Tennis</p>	<p>Autumn 2 Dodgeball</p> <p>Summer 2 Cricket</p>	<p>Summer 1 Athletics</p> <p>Summer 1 Athletics</p>	<p>Summer 1 & 2 Friday am</p>
<p>Key Vocab</p>	<p>invasion game pass/receive possession mark/markings attack/defend tackle/block dribble dodge</p>	<p>balance, control, sequence, mirror, link, transfer, hold, perform, roll, take off, landing</p>	<p>canon, motif, travel, speed, levels, unison, control, mirror, hold</p>	<p>net, wall, receive, barrier, forehand, backhand, evaluate, challenge, control, rally, defend, serve, control, rally, central position</p>	<p>agility, coordination, awareness, fielding, striking</p>	<p>run, sprint, jump, pace, throw, hurdle, landing, control, take-off</p>	