

Year 3 Curriculum subject plan

PE

YEAR 3	Ball skills	Gymnastics	Dance	Fitness	Athletics	Cricket
	Dodgeball	Tri-golf	Swimming?	Swimming?	Tennis	Rounders
Component knowledge and skills for Year 3	<ul style="list-style-type: none"> • I can develop accuracy and consistency when tracking a ball. • I can select an appropriate throw for the situation. • I can develop catching a ball with one or two hands as well as dribbling with feet and hands. • I can improve my throwing, dodging and catching skills. • I can learn how to apply simple tactics to a game. • I can understand the term 'extension' and 'body tension.' • I can develop a sequence including rolling, jumping and balancing. • I can contrast actions and shapes and develop linking sequences smoothly with actions that flow. • I can perform with confidence, considering the quality and the control. • I can develop the skills and apply them to striking, chipping, putting and playing a short or long game. • I can develop my coordination, accuracy and control of movement. • I can create a dance in relation to an idea including historical and scientific stimuli. • I can develop my rhythm and counting. • I can use canon, unison, formation and levels in my dance sequence. • I can develop swimming strokes on my front and my back. • I can submerge into the water and travel with confidence. • I understand how to stay safe around the water. • I can develop the sprinting technique and apply it to relay events. • I can develop the fluency and rhythm when running over obstacles. • I can develop jumping for height and safety on landing. • I can develop the key skills such as the ready position, racket control and hitting a ball. • I understand how to score points and how to use simple tactics. • I can learn how to strike the ball into space. • I can understand what my role is as a fielder. • I can develop skills throughout many sports in isolation or cooperatively. 					