










YEAR 3	GAMES
HANDS 	Change speed and direction easily.
	Jog whilst dribbling a ball with hands, ball at feet and with stick and ball.
	Pass and receive using different techniques with hands, feet, stick.
	Choose appropriate places to stand when receiving.
	Throw and shoot a ball at a target with some accuracy.
	Throw underarm and overarm using different equipment and 1 and 2 hands, different heights and some different directions
	Hit a ball with a racket using different methods.
	Hit a ball from a tee
	Stop a ball and throw it back to a partner or into play quickly and with some accuracy.
	Keep possession within a team by passing and moving into space.
	Stay close to an opponent making it difficult for them to move into space.
	Begin to think about marking a player and the space in games.
	Make some successful interceptions.
HEAD 	Know how to use space effectively in games.
	Make some good decisions on where to pass to in games.
	Make things difficult for opponent by directing ball into space when hitting.
	Choose where to stand as a fielder to make it harder for the batter.
	Explain how to keep possession and describe how they and others have achieved it.
	Identify what they do best and what they find most difficult.
	Explain some basic tactics that they use in games
HEART 	Keep possession within a team by passing and moving into space to support each other
	Progress towards goal/target on own and with others by cooperating

Find Us:

HANDS, HEAD, HEART PROGRESSION KEY SKILLS




YEAR 3	HEALTH AND FITNESS
HANDS 	Perform aerobic exercise skills demonstrating good body shape and able to link moves.
	Demonstrate control and accuracy when performing aerobic exercise skills.
HEAD 	Explain why Physical Education is important for my physical health
	Explain why Physical Education is important for my mental health
	Link exercises with creativity
	Using improved language describe how their bodies feel during different activities
HEART 	Cooperate in small groups to create an activity
	Identify what you like about a particular activity/game and why it is good for your physical or mental health
	Cooperate with a partner during exercises
	Using improved language describe how their bodies feel during different activities

Find Us:




YEAR 3	DANCE
HANDS 	Copy and remember a simple dance phrase accurately.
	Improvise freely translating ideas from a stimulus into movement
	Show clear changes of speed/level/direction/tension as appropriate.
HEAD 	Remember a simple dance phrase accurately.
	Use simple dance terminology to describe and interpret what they see.
	Recognise expressive qualities of dance.
	Make simple assessments using given criteria i.e. Bronze, Silver, Gold.
HEART 	Create a dance phrase with a partner and in a small group.
	Perform with improved confidence in front of others

Find Us:




HANDS, HEAD, HEART PROGRESSION KEY SKILLS

YEAR 3	GYMNASTICS
HANDS 	Quality of actions on hands and feet in different directions on floor and apparatus.
	Straddle, pike, tuck, front/back support, dish arch on different levels.
	1,2,3,4 point balances and moving into and out of balances smoothly.
	Balancing on floor and apparatus
	Develop quality in sideways rolling.
	Circle/teddy roll. Forward to feet.
	Jumping for height from 1 and 2 feet and landing on 1-2 feet - all shapes.
	Jumping from apparatus showing shapes and controlled landings
	Create and remember sequences of 4 more actions i.e. travel – jump – roll – balance – turn on floor.
	Adapt sequences onto apparatus.
	Change levels, speed or directions within sequence as directed.
HEAD 	Adapt sequences onto apparatus.
	Describe the difference between 2 performances.
	Make simple assessments based on given criteria i.e. Bronze, Silver, Gold
HEART 	Work cooperatively with partner to create and perform paired sequence

Find Us:

YEAR 3	ATHLETICS
HANDS 	Shows greater control when running in different ways and in different directions.
	Uses body effectively to run for speed i.e.; elbows close to body, thumbs moving from hips to lips, head and eyes forward etc
	Able to run for longer periods of time without stopping understanding the importance of pacing.
	Pass batons/bean bags effectively to team members when travelling at speed
	Shows improved control when taking off and landing from 1 and 2 feet.
	Uses upper and lower body effectively to generate power when jumping for height and/or distance.
	Able to throw for distance in different ways showing accuracy and some power. inc; 1 & 2 handed push, 1 & 2 handed pull.
HEAD 	Identify some key points to improve technique when running.
	Choose tactics to improve the distances jumped
	Identify key points to improve throwing technique
HEART 	Cooperate as a team in pacing activities
	Cooperate as a team in relays

Find Us:

YEAR 3	OAA
HANDS 	Use simple plans and diagrams to assist them following a short trail and go from one place to another
HEAD 	Discuss and set strategies to overcome a challenge
	Reflect on strategies chosen and make simple adaptations to improve performance.
	Identify where they are using simple plans and diagrams of familiar environments
	Use simple plans and diagrams to assist them following a short trail and go from one place to another
HEART 	Respond to a challenge or problem they are set individually and as a group.
	Demonstrate cooperation as a group.

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