



# Our PE journey in Year 3



Key Words:

- Balance
- Throw
- Jump
- Sprint
- Grip
- Direction

At the end of Y3 I am now ready to move into Y4, where I can further develop my skills and extend my knowledge of how to live a healthy, active lifestyle, with a love of sport!

Know how to perform a basic jumping technique (long jump/ speed bounce)

Understand how to start and where to finish track events over a given distance.



End of Year

## Athletics

Show signs of understanding the 'C motion'

Throw object in intended direction with basic technique (javelin, shot put, ball throw)

Hold and pass the baton during a relay race

Can make contact with a tennis ball when fed with control.

Be able to catch a ball from a close distance.

Key words

- V Grip
- Forehand
- Backhand
- Ready Position
- Serve

Hold a tennis racket correctly (V Grip/Handshake grip).

Show some signs of throwing to a target.

Be able to underarm bowl using the underarm technique.

- Key words
- Underarm Bowl
  - Catch
  - Target
  - Grip
  - Strike
  - Field
  - Score
  - Out

Be able to grip a bat correctly.



Be able to plan the best route from your current location to the next control.

To be able to recognise Start and Finish symbols

Key Words

- Map/Plan
- Cool down
- Setting the map
- Symbols
- Thumbing
- Route Choice
- Agility
- Running Techniques



Perform pair/group dances involving canon & unison, levels and speeds.

## Striking and fielding

### Summer Term

## OAA

Key words

- Variety
- Movement
- Canon
- Unison
- Pattern
- Level
- Speed
- Perform
- Control

Recall short and simple dance movements and perform with control.

Know how to safely jump and land



Copy and perform a basic routine on my own and with a partner



Copy basic movement patterns and explore own ideas.

- Key words
- Muscles
  - Heart rate
  - Exercise
  - Run
  - Jump
  - Skip
  - Station
  - Rest
  - Speed

Attempt a wide range of rolls including egg, log, dish and teddy bear roll

Perform a forward roll safely

To add my own ideas to a simple routine to improve it

Attempt to take part in exercises for longer periods of time.

- Key words
- Balance
  - Roll
  - Stretch
  - Jump
  - Land
  - Travel
  - Perform
  - Routine

Be able to perform simple single balances for 3-5 seconds

## Aesthetics

### Spring Term

Move with co-ordination and control

Know where space is and try to move into it.



Mark another player and defend when needed.

Key words

- Bounce pass
- Cool down
- Court
- Chest pass
- Obstruction
- Overhead pass
- Shooting
- Side line

Begin to dribble the ball when moving around the court

Safely perform a teacher led warm-up & cool down.

## Fitness

Understand the terms of attack and defence.

Sometimes land 1-2 with correct football.

Show some signs of using a chest pass and shoulder pass.

Use a chest pass and shoulder pass to support team in scoring.

Make a series of passes to team mates moving towards a scoring area with control.

To shoot towards a basket using a signs of a chest push

Can show how to mark (defend) a player.

Know how to dribble with the correct part of the foot

## Invasion games

### Autumn Term

Key words

- Bounce pass
- Cool down
- Court
- Chest pass
- Obstruction
- Overhead pass
- Shooting
- Throw in
- Warm up

Can shoot at a wide target with some power and some accuracy..

Can sometimes stop a rolling ball



Key Words

- Passing
- Control
- Shoot
- Defend
- Dribble
- Warm-up
- Cool-down
- On-your-toes
- Head-up

# You Can Do It!

