



Peel Hall Community Primary School

PE Overview YEAR THREE

	Dance	Individual Sports	Team Sports	OAA and Health Related Fitness
National curriculum reference	<p>Perform dances using a range of movement patterns.</p> <p>Compare performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Develop flexibility, strength, techniques, control and balance (for example, through athletics and gymnastics).</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p>	<p>Play competitive games, modified where appropriate (e.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
Knowledge	<p>Can create and demonstrate a series of phrases to perform, using basic formations:</p> <ul style="list-style-type: none"> - Circles. - V-shapes. <p>Can begin to use basic Space and Relationships between dancers:</p> <ul style="list-style-type: none"> - Contact work. - Spatial awareness. <p>Can talk about safe dance practice in relation to the importance of warming up and cooling down.</p> <p>Can also demonstrate some strength and stamina during performance.</p> <p>Can make constructive comments about other performances, using these to improve their own performance.</p>	<p><u>Gymnastics</u></p> <p>Can help to warm up a small group of others, using pulse raising activities (stretching and conditioning).</p> <p>Can perform sequences that are more complex (including actions performed in previous years).</p> <p>Can perform sequences including elements of:</p> <ul style="list-style-type: none"> - Flow - Skills - Dynamics. <p>Can use apparatus within performance, linking movements together:</p> <ul style="list-style-type: none"> - Travelling - Jumping - Balancing - Rolling <p>Can identify and demonstrate the following shapes:</p> <ul style="list-style-type: none"> - Straight - Tuck - Star - Landing shape - Pike - Straddle - Squat sit - Straddle stand. 	<p><u>Invasion Games</u></p> <p>Can send and receive over an increased distance in partners and groups.</p> <p>Can move into space to receive a ball from a teammate.</p> <p>Can change direction on command of teacher/teammates.</p> <p>Can dribble and shoot, using technique for accuracy.</p> <p>Can identify and use tactics with others to slow down an attack.</p> <p><u>Striking and Fielding Games</u></p> <p>Can strike a ball using a bat.</p> <p>Can get in ready position to hit a ball.</p> <p>Can begin to call and run between bases (communicating with others).</p> <p>Can stop and pick up a ball using techniques such as the long barrier.</p> <p>Can use overarm or underarm throws in correct situations.</p>	<p>Children can take part in some basic orienteering exercises, which involve simple matching symbols activities.</p> <p>Children can complete activities blindfolded.</p> <p>Can follow instructions during activities, which involve partner work.</p> <p>Can attempt to solve problems, discussing in small groups.</p> <p><u>Health Related Fitness</u></p> <p>Children can warm up prior to exercise.</p> <p>Can recognise success in self in relation to improvements such as strength, stamina etc.</p> <p>Can begin to identify basic components of fitness:</p> <ul style="list-style-type: none"> - Speed - Co-ordination <p>Flexibility</p>



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<p>Knowledge</p>		<p>Can identify and demonstrate the following balances (1-point & 2-point)</p> <ul style="list-style-type: none"> - Arabesque - Flamingo - Dish - Arch - V-sit. <p>Can identify and demonstrate the following jumps:</p> <ul style="list-style-type: none"> - Straight - Tuck - Star - Straddle - Half Turn - Bunny hop(s) [over apparatus]. <p>Can identify and demonstrate the following rolls:</p> <ul style="list-style-type: none"> - Pencil - Egg - Forwards roll - Teddy Bear. <p>Athletics</p> <p>Children can demonstrate a basic triple jump (one foot take off).</p> <p>Can run and jump medium sized hurdles (attempting a same leg lead).</p> <p>Can attempt middle distance pacing (identifying what a good starting position will look like and the importance of a dip finish).</p> <p>Can transfer a relay baton.</p> <p>Can demonstrate an overarm throw for distance (understanding the importance of the non-throwing arm).</p>	<p>Net and Wall Games</p> <p>Can move forwards, backwards and sideways in a ready position with a racket.</p> <p>Can balance ball on a racket, keeping it under control in drills and races.</p> <p>Can strike a ball with a racket with forehand stroke.</p> <p>Can attempt a 1 on 1 rally with a partner.</p>	
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