



What are the aims and intentions of this curriculum?

That children should:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

Term	Topic	Knowledge	Skills	Vocabulary
Autumn 1	Tag Rugby	<ul style="list-style-type: none"> • To know how to score a try • To know to shout tagged when grabbing an opponent's tag • To know how to restart games after a try • To know how to commit a defender by running at pace • To know how to close space down • To know to support the ball carrier by staying just behind when they are carrying the ball • To know how to stagger a line and why it is important • To know how to defend across the width of the pitch • To know the offside rule 	<ul style="list-style-type: none"> • To hold a rugby ball correctly • To scoop a ball from the floor • To dodge to avoid being tagged • To tag safely • To send and receive a ball under pressure • To pass a rugby ball backwards accurately • To set up in a defensive formation • To play competitively to the rules 	<ul style="list-style-type: none"> • Tag • Offside • pop pass • pocket pass • try • attacking formation • defensive formation • knock on • ran out
Autumn 1	Netball – Invasion Games	<ul style="list-style-type: none"> • To know which type of passing technique to use depending on distance • To know a good starting position when defending 	<ul style="list-style-type: none"> • To send a netball accurately in a variety of ways • To pass under pressure • To attack by being fluid in positioning 	<ul style="list-style-type: none"> • Pass • Defend • Attack • Position



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		<ul style="list-style-type: none"> To know to pass within 3 seconds of receiving the ball To know the correct technique for shooting To know rules which apply to attackers To know rules which apply to defenders To know how to officiate 	<ul style="list-style-type: none"> To shoot using good technique To play in a game showing a range of skills To take up multiple roles within the game To track an opponent 	<ul style="list-style-type: none"> goal shooter goal defender goal attack goal keeper centre
Autumn 2	Gymnastics – Symmetry	<ul style="list-style-type: none"> To know how to use feedback to improve sequencing work To know the importance of working with control and good transitions between movements To know what symmetrical shapes look like To know the importance of clear starting and finishing points To know different ways of performing with a partner To know how to work in time with a partner 	<ul style="list-style-type: none"> To create a sequence using different spins To perform with smooth transitions To create a sequence of spins on points at different levels To spin symmetrically and asymmetrically on points and patches To work on different levels To perform a forward roll To perform a series of symmetrical and asymmetrical rolls with a partner To work in different formations 	<ul style="list-style-type: none"> Symmetrical Asymmetrical Levels Transitions Points Patches forward roll starting point finishing point
Spring 1	Gymnastics – Linking movements together	<ul style="list-style-type: none"> To know the difference between a point and a patch To know the importance of working at different levels To know how to move from one shape to another smoothly To know the difference between symmetrical and asymmetrical performance To know the importance of control To know the importance of a good 	<ul style="list-style-type: none"> To turn through 90, 180, 270 and 360 degrees To spin on points and patches with control To step gracefully with control To hold balances with good control To find ways of moving out of one balance to another To link high and low moves To explore a variety of rolls To create a sequence of rolls and 	<ul style="list-style-type: none"> pencil roll teddy bear roll balance support symmetrical asymmetrical high moves low moves patch, point



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		starting position and finishing position	balances	
Spring 1	Dance - Egyptians	<ul style="list-style-type: none"> To know how to contribute to a theme related mind map To know how to translate words into actions To know how to translate themed actions into travelling movements To know how to translate images into actions to communicate meaning To know how to perform words from a poem into movements To know how to use canon formation changes, direction and level To know how to recognise good timing, execution and performance skills 	<ul style="list-style-type: none"> To develop a motif demonstrating some agility, balance, coordination and precision To creatively change static actions into travelling movements To show different levels and pathways when travelling To communicate effectively with a partner To communicate effectively with a group To evaluate the work of others using accurate technical language 	<ul style="list-style-type: none"> Canon Motif Balance Levels Pathways travelling
Spring 2	Tri Golf	<ul style="list-style-type: none"> To know the importance of standing still and being quiet when other players are taking a shot to know what a backswing is to know when to use an iron to know how to set up to play an iron shot to know what a tee is to know which club to use and when 	<ul style="list-style-type: none"> to grip a club appropriately to adopt a stance to strike the ball to putt a ball towards a target to strike the ball through the air with an iron to set up to play an iron shot to chip the ball over short distances to chip over hazards to avoid hazards to strike the ball with increasing accuracy 	<ul style="list-style-type: none"> putt iron chip hazard grip stance backswing follow through tee elevate
Spring 2	Invasion Games Skills 3	<ul style="list-style-type: none"> To know how to travel with head up To know how to signal for the ball with 	<ul style="list-style-type: none"> To dodge To get into good position to receive the 	<ul style="list-style-type: none"> Travel Signal



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		<ul style="list-style-type: none"> hands so as to not alert defenders To know how to place the body between the opponent and the ball To know what a dummy pass is To know how to trick opponents by looking one way and then passing another To know how to close space down To know the importance of keeping the eye on the ball and not the player To know the importance of clearing danger from near the goal 	<ul style="list-style-type: none"> ball To pass and move into space To shield a ball from an opponent To turn in different ways whilst in possession To dribble a ball with control To deceive opponents by feinting and dummyming To close the space and jockey To communicate with fellow players 	<ul style="list-style-type: none"> dummy pass close space dodge space possession communicate deceive jockey
Summer 1	OAA	<ul style="list-style-type: none"> To know how to communicate well and negotiate to solve problems To know how to navigate an area following directions To know the importance of listening to others To know how to orientate a map and find clues To know how to take turns and use equipment safely 	<ul style="list-style-type: none"> To work as part of a team To work in a group to solve problems To compete under pressure To negotiate with a group To plan a route map To follow the rules of an activity To run and think simultaneously to compete in a competition 	<ul style="list-style-type: none"> Communicate Navigate Orientate Compass clues
Summer 1	Cricket	<ul style="list-style-type: none"> To know how to grip the bat To know how to move back and across to play a pull shot To know what the crease is for To know how to grip a ball when bowling To know the position for wicket keeping To know what 'backing up' means when fielding To know how to form a long barrier to field a hard shot 	<ul style="list-style-type: none"> To stand sideways with a high back lift when ready to receive a ball To step back and across to play a pull shot To bowl a ball overarm To take up a wicket keeping stance To throw powerfully and accurately To make different calls when batting To stop balls struck hard by forming a long barrier 	<ul style="list-style-type: none"> Grip pull shot wicket keeper long barrier backing up wicket run out



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		<ul style="list-style-type: none"> To know when to stand still in the field and when to walk in To know the need to call when going for a catch 	<ul style="list-style-type: none"> To back up fellow fielders 	
Summer 2	Tennis	<ul style="list-style-type: none"> To know what the ready position is To know to try and get to the centre of the court after playing each shot To know how to hit the ball with a full backswing To know to keep the head still when trying to hit the ball To know how to volley a ball and deflect it downwards To know how to play a backhand To know the rules of tennis 	<ul style="list-style-type: none"> To take up a ready position To hit a forehand return To constantly get into good positions to return the ball after one bounce To strike the ball on the backhand with consistency To volley a ball sending the ball downwards To serve from the baseline <p>To move into the correct position to play a variety of shots</p>	<ul style="list-style-type: none"> Forehand Backhand Serve Court Backswing Volley Centre Court serve
Summer 2	Athletics	<ul style="list-style-type: none"> To know how to start a sprint race To know which foot is the take-off foot To know the technique associated with hurdling To know that the furthest point backwards in long jump is the point measured in competition To know to position the body sideways when throwing To know how to transfer and receive a baton safely 	<ul style="list-style-type: none"> To use the correct technique to start a sprint To develop coordination to improve speed To sprint between hurdles To jump consistently from the same take off foot To throw overarm with accuracy To throw overarm with power for distance To run a relay effectively as part of a team 	<ul style="list-style-type: none"> sprint technique take off foot scissor kick pull technique