



Moorside Primary School

Year 3 PE Overview

	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 their 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 (for example, 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 and Skills	<p>Can create and demonstrate a series of phrases to perform using some basic formations such as circles or V-shapes.</p> <p>Can begin to use basic Space and Relationships between dancers such as contact work and spatial awareness.</p> <p>Can talk about safe dance practice in relation to the importance of warming up and cooling down. 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>Gymnastics</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. The will include actions used in previous years.</p> <p>Can perform sequences with elements of flow, displaying skills and dynamics.</p> <p>Can use apparatus within performance, linking movements together using travelling, jumping balancing and rolling.</p> <p>Can identify and demonstrate the following Shapes: Straight, Tuck, Star, Landing shape, Pike, Straddle, Squat sit and Straddle stand.</p> <p>Can identify and demonstrate the following Balances: 1-point & 2 point balances: Arabesque, Flamingo, Dish, Arch and V-sit.</p> <p>Can identify and demonstrate the following Jumps: Straight, Tuck, Star,</p>	<p>Invasion Games</p> <p>Children can pass the ball over a medium distance and begin to understand that they must move away from opponents.</p> <p>Can begin to move into space effectively.</p> <p>Children can shield a ball from an opponent during games such as piggy in the middle.</p> <p>Can begin to track an opponent during simple game scenarios.</p> <p>Can defend as part of a small team.</p> <p>Striking and Fielding Games</p> <p>Can strike a ball without a tee.</p> <p>Can identify how to catch a high ball.</p> <p>Can identify the technique used for underarm bowling.</p> <p>Can use the long barrier effectively.</p>	<p>OAA</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>Health Related Fitness</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 including speed, coordination and flexibility.</p>



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		<p>Straddle, Half Turn, Bunny hops and over apparatus.</p> <p>Can identify and demonstrate the following Rolls: Pencil, Egg, Forwards Roll and Teddy Bear.</p> <p style="text-align: center;">Athletics</p> <p>Children can demonstrate a basic Triple jump – attempting to take off one foot.</p> <p>Can run and jump medium sized hurdles, whilst 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>Can communicate effectively within a game with their teammates.</p> <p>Can attempt to position themselves correctly to achieve a positive outcome in a game situation.</p> <p style="text-align: center;">Net & Wall Games</p> <p>Can bounce the ball using forehand and attempting backhand.</p> <p>Can attempt to cushion the impact of the ball using a racket.</p> <p>Can recognise correct body positioning to return a ball.</p> <p>Can attempt a singles rally, identifying opportunities to attack and defend.</p> <p style="text-align: center;">Target Games</p> <p>Can aim for a static target, identifying techniques to improve outcome.</p> <p>Can demonstrate some throwing and catching techniques.</p> <p>Understands what hand-eye coordination is and when it is used.</p>	
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