

Physical Education Overview 2017-18



Year 3	Objectives
Dance and Movement	<ul style="list-style-type: none"> • Improvise freely with a partner translating ideas from stimuli to movement. • show an imaginative response to different stimuli through their use of language and choice of movement • Incorporate different qualities and dynamics into their movements • explore and develop new actions while working with a partner or a small group • Apply basic compositional ideas to create dance which convey feelings and emotions • link actions to make dance phrases, working with a partner and in a small group • perform short dances with expression, showing an awareness of others when moving • describe what makes a good dance phrase
Games	<ul style="list-style-type: none"> • Travel whilst bouncing a ball showing control • use a range of skills to help them keep possession and control of the ball • perform the basic skills needed for the games with control and consistency • use a range of skills with increasing control • In pairs, make up a game and play a simple rallying game. • use a range of skills to keep possession and make progress towards a goal, on their own and with others • choose good places to stand when receiving, and give reasons for their choice
Gymnastics	<ul style="list-style-type: none"> • Perform a competent forward roll, rug roll, shoulder roll • Explore combinations of mats and apparatus, and find different ways of using a shape, balance or travel • practise an action or short sequence of movements, and improve the quality of the actions and transitions • show control, accuracy and fluency of movement when performing actions on their own and with a partner • adapt a sequence to include different levels, speeds or directions • Plan and perform a movement sequence showing contrasts in speed, level and direction. • devise and perform a gymnastic sequence, showing a clear beginning, middle and end • work well on their own and contribute to pair sequences
Athletics	<ul style="list-style-type: none"> • Throw with accuracy and power, into a target, difference between sprinting and running, different roles in groups • choose and use throw to reach target, choose which role to play within group situation
Swimming	<ul style="list-style-type: none"> • Swim 25-30 metres in water unaided, co-ordination with arms and legs, use different strokes, • describe how to move arms and legs together. • Use their arms and legs in the correct manner for the chosen stroke.
Outdoor and adventurous activities.	<ul style="list-style-type: none"> • Use maps and diagrams to orientate themselves around a course. • Respond appropriately when task/environment changes, plan responses
Evaluating and improving performance	<ul style="list-style-type: none"> • Describe and comment on their own performance and that of others and make simple suggestions to improve quality.
Knowledge and understanding of fitness and health.	<ul style="list-style-type: none"> • Suggest appropriate warm up ideas. Children dress appropriately for PE. • Work in a responsible and safe manner. • Recognise changes in body temperature, heart rate and breathing.