

YEAR 3 PE KEY LEARNING OBJECTIVES

Yr 3				
GYMNASTICS	Unit L	Unit M	Unit N	Unit O
	<ul style="list-style-type: none"> To travel and jump fluently and hold balanced positions demonstrating a variety of stretched and curled shapes. To receive and transfer body weight safely in different situations and create a sequence with a partner. To identify how the overall performance of a sequence can be improved. To adapt and transfer skills safely onto more complex apparatus at every stage of learning. 	<ul style="list-style-type: none"> To understand and identify symmetry and asymmetry. To move and balance showing specific planned shapes and variations in speed and level. To individually and in two's be able to analyse and say why they like a sequence. To adapt and transfer learned skills onto appropriate apparatus 	<ul style="list-style-type: none"> To understand, identify and use flexible and direct pathways. To travel along different pathways using appropriate movements. To construct sequences which use planned variations in speed, level and pathways. To adapt and transfer what they have learned onto appropriate apparatus. 	<ul style="list-style-type: none"> To understand, identify and use change of front and direction. To understand and show how to move into and from a range of travelling, jumping and turning movements with control and accuracy. To select and combine skills to create sequences showing change of front and direction. To adapt and transfer what they have learned onto apparatus.

	Unit 1	Unit 2	Unit 3	Unit 3
GAMES	<ul style="list-style-type: none"> • To consolidate and improve the quality of their skills. • To improve their ability to select and apply simple tactics. • To work co-operatively in small groups. • To recognise how a small group activity can be improved. 	<ul style="list-style-type: none"> • To make up and play small sided games. • To select and use appropriate skills. • To describe and evaluate the effectiveness of the performance. • To work co-operatively with others. 	<ul style="list-style-type: none"> • To consolidate and improve the quality and consistency of their hitting skills. • To develop the range of skills used. • To select and use a range of simple tactics. • To adapt, make and keep to the rules for net games. 	<ul style="list-style-type: none"> • To consistently strike a ball in a controlled manner. • To field and intercept a ball and return it accurately. • To select and use appropriate skills and simple tactics in a small game activity. • To recognise a good performance or what needs to be improved.

	Unit 1	Unit 2	Unit 3	Unit 3
DANCE	<ul style="list-style-type: none"> • Improvise freely. • Develop different ways of travelling, jumping and turning and create dance phrases. • Perform the basic actions and dances clearly and fluently. • Work with a partner. • Observe themselves and others dancing. 	<ul style="list-style-type: none"> • Perform basic dance actions with greater control and fluency. • Copy and perform set steps. • Perform with a sense of phrasing, rhythmically and musically. • Select and apply appropriate movements for the dance idea. • Evaluate their own and others' performances. • Create and structure a whole dance. • Observe each other dancing. 	<ul style="list-style-type: none"> • Use story as a stimulus for dance. • Interpret images into appropriate movement. • Create and structure a whole simple dance. 	<ul style="list-style-type: none"> • Perform dance actions with greater control, fluency and co-ordination. • Improvise freely, translating ideas from a stimulus into movement. • Create and link dance phrases using a simple dance structure. • Perform dances with an awareness of rhythmic, dynamic and expressive qualities. • Describe and evaluate how they might improve their dances. • Shape movement into a whole dance with a simple structure.

	Unit 1	Unit 2		
ATHLETICS	<ul style="list-style-type: none"> • To link, remember and repeat combinations of actions with more consistency and control. • To understand what equipment is needed for different challenges and be able to choose appropriately. • To describe how their bodies feel when doing different exercises. • To understand and describe what others are doing. 	<ul style="list-style-type: none"> • To consolidate and improve the quality and range of the techniques they use. • To develop their ability to use simple tactics. • To describe how the body reacts to different types of activity. • To describe and evaluate the effectiveness of performances. 		