

Subject Progression

Physical Education – Year 3

Adjusted Autumn Term Due to COVID restrictions

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Athletics: -I can sprint using an effective arm action. -I can pass and receive a baton successfully. -I can select a jump for distance, driving arms and legs to gain height. -I can throw balls in a variety of ways with increasing accuracy.	Athletics: -I can participate in an athletics competition and am trying to improve my sprinting, jumping and throwing skills	Tag Rugby: -I can run with the ball at speed, dodging tackles and passing with accuracy.	Dance: -I can create and perform a dance which has 3 sections within it. -I can include an action - reaction element to my dance. -I can include unison and canon within my dance.	Athletics: -I can participate in an athletics competition and am trying to improve my sprinting, jumping and throwing skills	Tennis: -I can play a competitive tennis game using the following skills: to control a tennis ball with a tennis racket, to play a forehand and backhand tennis shot, be able to serve consistently into an area and use some tactics in gameplay.
		Gymnastics: -I can make up a sequence of 6 - 8 actions that link together using the floor and apparatus. -I can show contrasting shapes, actions and travelling movements within a sequence. -I can show different levels in a sequence.	Tri-Golf: -I can play a golf course within 20 shots on the target number using some correct techniques.	Swimming: -I can swim 1 width on the front with a float with both arms outstretched in front. -I can swim 1 width on the back with a float, using a straight leg action kick. -I can swim 1 width on the front with a float, using a breaststroke style leg action.	Cricket: -I can play a cricket game using the following skills: hit the ball a range of distances off a batting tee. -I can bowl a ball underarm or overarm towards a target a designated area, allowing the ball to bounce once. -I know how runs are scored in cricket.