

Physical Education Curriculum Progression – Year 3

*2 Units per half term (PE Unit 1 and PE Unit 2)

	Autumn Term 1	Autumn Term 2	Spring Term 1
PE 1 Learning Outcomes	<p>Invasion: Netball</p> <p>The unit of work will explore how to apply the principles of attack vs defence, with a particular focus on passing and moving.</p> <p>Pupils will learn how to keep possession and eventually score in order to win a modified game.</p>	<p>Invasion: Basketball</p> <p>The unit of work will explore how to apply the principles of attack vs defence, with a particular focus on passing and moving, dribbling and shooting. Pupils will learn how to keep possession and eventually score in order to win a modified game.</p>	<p>Dance: Wild Animals</p> <p>The unit of work will challenge pupils to respond to different stimuli being able to sustain characters to add drama and emotion to the dance.</p> <p>Pupils will bring together the choreography to create a final performance in groups.</p>
Assessment Criteria	<p>Prior Assessment: Passing Gates Activity</p> <p>Post Assessment: Netball Tournament</p> <p>Pupils will develop their passing and moving skills to outwit their opponents and keep possession of the ball.</p> <p>Pupils will apply an understanding of where, when and why we pass and move, in order to score points against another team.</p> <p>Pupils will develop life skills such as respect and communication as they collaborate with others including their opponents.</p> <p>Pupils will apply their skills with developing confidence as they grow in their ability to show resilience and determination.</p>	<p>Prior Assessment: Dribble That Space Activity</p> <p>Post Assessment: End Zone Basketball Tournament</p> <p>Pupils will develop their passing and moving, dribbling and shooting skills to outwit their opponents and keep possession of the ball and score.</p> <p>Pupils will apply an understanding of where, when and why we pass, dribble and shoot in order to score points against another team.</p> <p>Pupils will develop life skills such as respect and communication as they collaborate with others including their opponents.</p> <p>Pupils will apply their skills while developing confidence as they grow in their ability to show resilience and self motivation.</p>	<p>Prior Assessment: Add Movements Together Activity</p> <p>Post Assessment: Class Performance</p> <p>Pupils will ensure that their movements are big and clear, they will perform with expression and emotion as they tell a story.</p> <p>Pupils will understand what makes an ‘excellent dance’. Pupils will apply creativity as they try a range of movement options.</p> <p>Pupils can apply life skills such as cooperation and encouragement as they work successfully with their partner/group to execute their sequences.</p> <p>Pupils will strive to ensure their sequences are performed precisely and accurately showing self motivation to want to improve.</p>
PE 2 Learning Outcomes	<p>Gymnastics: Symmetry, Asymmetry</p> <p>The unit of work will focus on exploring movements and balances</p>	<p>OAA: Communication</p> <p>The unit of work will explore what makes an effective team through different problem-solving challenges.</p>	<p>Invasion: Tag Rugby</p> <p>The unit of work will explore how to apply the principles of attack vs</p>

	<p>in symmetrical and asymmetrical ways.</p> <p>Pupils will create sequences starting with their symmetrical balance on apparatus, moving out of it and travelling to a new piece of apparatus and ending in their asymmetrical balances applying flow.</p>	<p>Throughout the unit, there will be a focus on pupils developing their communication skills, essential to working within a team to complete the activities.</p>	<p>defence, with a particular focus on passing and moving to score a try.</p> <p>Pupils will develop their understanding of when, where and why they need to create space when they are attacking.</p>
Assessment Criteria	<p>Prior Assessment: Show What You Know Activity</p> <p>Post Assessment: Full Sequences Activity</p> <p>Pupils will execute 'excellent' balances and movements in both symmetrical and asymmetrical ways. Pupils will be able to link these movements and balances together.</p> <p>Pupils will develop life skills such as resourcefulness and evaluation as they create their sequences in pairs, making any adaptations when necessary.</p> <p>Pupils will collaborate showing cooperation skills with their partner as they work together to create their sequences and share apparatus space with others.</p> <p>Pupils will develop their resilience and ability to remain self motivated as they strive to improve their sequences even when they find it hard.</p>	<p>Prior Assessment: Noughts and Crosses Activity</p> <p>Post Assessment: Capture the Flag Activity</p> <p>Pupils will work within teams to complete the different problem solving challenges successfully.</p> <p>Pupils will apply an understanding of what makes an effective team and understand how important their role is within the team.</p> <p>Pupils will develop life skills such as collaboration and communication as they apply both speaking and listening skills within their teams.</p> <p>Pupils will develop their ability to remain positive and try their best in every challenge. They will begin to show leadership attributes.</p>	<p>Prior Assessment: 1,2,3,4 Pass Activity</p> <p>Post Assessment: 3v3 Match</p> <p>Pupils will develop their passing and moving skills to outwit their opponents and keep possession of the ball. Pupils will explore how we tag an opponent.</p> <p>Pupils will apply an understanding of where, when and why we pass and move, in order to score a try. Pupils will understand the importance of tagging.</p> <p>Pupils will develop life skills such as cooperation and communication as they collaborate with others including their opponents.</p> <p>Pupils will apply their skills with developing confidence as they grow in their ability to show resilience and self motivation.</p>

	Spring Term 2	Summer Term 1	Summer Term 2
PE Unit 1 Learning Outcomes	<p>Invasion: Football</p> <p>The unit of work will explore how to apply the principles of attack vs defence, with a particular focus on passing and moving and dribbling.</p>	<p>Swimming</p> <p>Prior Assessment: 25m proficiency</p> <p>Post Assessment: At the end of the block – 25m+ proficiency, Range of Strokes, Self-Rescue</p>	<p>Athletics</p> <p>The unit of work will explore how we can use our bodies to run as fast as possible, exploring the correct technique individually and within teams.</p> <p>Pupils will also begin to examine how to jump as far as possible and</p>

	<p>Pupils will learn how to keep possession and eventually score in order to win a modified game.</p>	<p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p>	<p>compare throwing accurately with throwing for distance.</p>
Assessment Criteria	<p>Prior Assessment: Mud Monsters: Invisible Defenders Activity</p> <p>Post Assessment: Football Tournament</p> <p>Pupils will develop their passing and moving and dribbling skills to outwit their opponents and keep possession of the ball.</p> <p>Pupils will apply an understanding of where, when and why we pass, move and dribble in order to score points against another team.</p> <p>Pupils will develop life skills such as respect and communication as they collaborate with others including their opponents.</p> <p>Pupils will apply their skills while developing confidence as they grow in their ability to show resilience and self motivation.</p>	<p>Perform safe self-rescue in different water-based situations.</p>	<p>Prior Assessment: Traffic Lights Activity</p> <p>Post Assessment: Inter-house Sports competition (in-class)</p> <p>Pupils will develop their ability to run and jump as fast/far as possible with the correct techniques and throw for distance exploring the most effective technique.</p> <p>Pupils will apply an understanding of how to use the correct technique for running fast, jumping far and throwing for distance and why it is so important.</p> <p>Pupils will develop life skills such as cooperation and encouragement as they collaborate with others and support each other to develop their techniques.</p> <p>Pupils will apply their skills with developing confidence as they grow in their ability to show integrity and determination.</p>
PE Unit 2 Learning Outcomes	<p>OAA: Problem Solving</p> <p>The unit of work will explore what makes an effective team through different problem-solving challenges.</p> <p>Throughout the unit, there will be a focus on pupils developing skills essential to working within a team.</p>	<p>Net and Wall: Tennis</p> <p>The unit of work will explore how to apply the principles of attack vs defence in order to win a game of tennis.</p> <p>Pupils will understand where and why we throw/hit the ball on the court and be introduced to basic shot techniques.</p>	<p>Striking and Fielding: Rounders</p> <p>The unit of work will explore the concept of batting and fielding (attack and defence). Pupils will develop an understanding of the purpose of each team. Pupils will learn how to apply a variety of fielding skills such as throwing and stopping the ball to keep the batter's score low.</p>
Assessment Criteria	<p>Prior Assessment: 1st Sequence Challenges</p>	<p>Prior Assessment: Show What You Know From KS1 Activity</p>	<p>Prior Assessment: Racing Rounders Activity</p>

	<p>Post Assessment: Ultimate Cave Activity</p> <p>Pupils will work within a team to complete the different problem solving challenges successfully.</p> <p>Pupils will apply an understanding of what makes an effective team and understand how important their role is within the team.</p> <p>Pupils will develop life skills such as respect and communication as they collaborate with their team members to successfully complete the challenges.</p> <p>Pupils will develop their ability to remain positive and try their best in every challenge. They will begin to show leadership attributes.</p>	<p>Post Assessment: 1v1 Ladder Tournament</p> <p>Pupils will throw/hit the ball into space on their opponents side of the court. After playing a shot pupils will recover to a ready position, ready to return the ball.</p> <p>Pupils will develop their understanding of where, when and why we throw/hit the ball into spaces on their opponents side of the court.</p> <p>Pupils will develop life skills such as cooperation and encouragement as they play fairly against others, keeping the score.</p> <p>Pupils will apply their skills with developing confidence as they grow in their ability to show resilience and determination.</p>	<p>Post Assessment: Racing Rounders Tournament</p> <p>Pupils will develop their ability to keep the batter's score as low as possible by applying accurate throwing, catching and retrieving skills</p> <p>Pupils will apply an understanding of the concept of batting and fielding, utilising the correct fielding skills in order to stop the batters.</p> <p>Pupils will develop life skills such as respect and cooperation as they collaborate effectively with others including their opponents.</p> <p>Pupils will apply their skills with developing confidence as they grow in their ability to show self motivation and determination.</p>
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