

Year 3 - Progression of Knowledge and Skills PE

Term	Children can:
AUT 1	▪ Chest pass the ball to a partner over a variety of distances ▪ Use the 'pivot' in both directions ▪ Know how to stand and hold the ball before shooting ▪ Pass, dribble and shoot with control in a variety of games ▪ Understand the ABCs of shooting (Angle, Balance, Contact) ▪ Play small games following the rules provided ▪ Put into practice the techniques shown

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Term	
AUT 2	Children can: ▪ Support a partner to record their scores at each station ▪ Complete an six station fitness circuit ▪ Use and combine basic movements that involves getting them out of breath ▪ Perform a range of movements with control and accuracy ▪ Perform different types of movements ▪ Talk about the effects of exercise, before and after taking part ▪ Combine skills within an activity ▪ Talk about how fitness activities effect their bodies ▪ Tell a partner what they are doing well in their performance

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Term	Knowledge	Skills
SPR 1	Children can: ▪ Explore basic gymnastic shapes and learn how to hold them still. ▪ Practise simple balances, rolls, and jumps with safe technique. ▪ Develop confidence moving safely on mats and low apparatus. ▪ Begin to link 2-3 movements into very short routines. ▪ Perform simple movements to a partner or small group. ▪ Reflect on what they enjoyed and one way they could improve.	

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Term	Children can:
SPR 2	▪ Keep control of a ball when on a racket, by balancing and bouncing ▪ Judge the flight/bounce of the ball and meet it with their racket ▪ Play a simple forearm pass to a partner ▪ Stand in the ready position and move towards the ball ▪ Be in a good position and are able to move around freely ▪ Attempt a badminton serve with some success ▪ Keep the racket head below waist height when striking a serve ▪ Know how to keep score ▪ Know how to move on the court and take turns serving

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Term	Children can:
SUM 1	▪ Use a range of skills, e.g. throwing, catching, and bowling with some degree of control ▪ Throw over a variety of distances using the underarm and overarm techniques ▪ Judge the flight of the ball and be ready to catch the ball using the appropriate technique ▪ Understand the correct stance when batting ▪ Hit the ball on both sides of their body and to direct away from fielders ▪ Understand the 'long barrier' technique when fielding a low driven ball ▪ Field with growing accuracy and know where they need to throw the ball back to ▪ Play the games using the techniques shown throughout the term ▪ Know how they need to score, and can run to the bases safely

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Term	Children can:
SUM 2	▪ Change direction quickly ▪ Run efficiently using the correct technique ▪ Accurately throw a small piece of athletic equipment for distance ▪ Understand to transfer their body weight from back to front to generate more power when throwing ▪ Understand the basics of jumping and landing ▪ Use the upper body to gain distance on the jump ▪ Understand that when running for distance they must pace themselves in order to complete the distance set