

## Year 3 PE Progression Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Personal Skills/ Physical Skills/ Yoga	Social Skills/ Physical Skills/ Gymnastics/Dance	Cognitive Skills/ Physical Skills/ Swimming	Creative Skills/ Physical Skills/ Swimming	Physical Skills/ Invasion Games	Health & Fitness Skills/ Physical Skills/ Athletics/Rounders
Learning Objective (from DC Pro)	<ul style="list-style-type: none"> <li>1. I know where I am with my learning and I have begun to challenge myself.</li> <li>1. I can perform and repeat longer sequences with clear shapes and controlled movement.</li> <li>.</li> </ul>	<ul style="list-style-type: none"> <li>1. I show patience and support others, listening to them about our work.</li> <li>2. I am happy to show and tell them about my ideas.1. I can perform and repeat longer sequences with clear shapes and controlled movement.</li> </ul>	<ul style="list-style-type: none"> <li>1. I can understand the simple tactics of attacking and defending.</li> <li>2. I can explain what I am doing well and I have begun to identify areas for improvement.</li> <li>2. I can select and apply a range of skills with good control and consistency</li> <li>1. I can swim 5 metres on the front and back without touching the bottom of the pool</li> <li>2. I can kick 10m using front and back crawl legs</li> </ul>	<ul style="list-style-type: none"> <li>1. I can make up my own rules and versions of activities.</li> <li>2. I can respond differently to a variety of tasks or music</li> <li>3. I can recognise similarities and differences in movements and expression.</li> <li>2. I can select and apply a range of skills with good control and consistency</li> <li>1. I can swim 5 metres on the front and back without touching the bottom of the pool</li> <li>2. I can kick 10m using front and back crawl legs</li> </ul>	<ul style="list-style-type: none"> <li>2. I can select and apply a range of skills with good control and consistency</li> </ul>	<ul style="list-style-type: none"> <li>I can describe how and why my body changes during and after exercise.</li> <li>I can explain why we need to warm up and cool down.</li> <li>2. I can select and apply a range of skills with good control and consistency</li> </ul>
Skills	<p>On both legs (FS1):</p> <ul style="list-style-type: none"> <li>Standstill for 30 seconds with eyes closed</li> <li>Complete five squats</li> <li>Complete five uncle extensions</li> </ul> <p>Floorwork(FS10):</p> <ul style="list-style-type: none"> <li>Hopcotch forward and backwards, alternating hopping leg each time.</li> <li>Move in a three step zigzag pattern forwards.</li> <li>Move in a three step zigzag pattern backwards.</li> </ul>	<p>Seated(FS2):</p> <ul style="list-style-type: none"> <li>Pick up a cone from one side and placed on the other side with the same hand.</li> <li>Return it to the opposite side using the other hand.</li> <li>Sit in a dish shape and hold it for five seconds.</li> </ul> <p>Jumping and Landing(FS6):</p> <ul style="list-style-type: none"> <li>Jump from 2 feet to 2 feet with 180° turn in either direction.</li> <li>Complete a tucked jump.</li> <li>Complete tucked jump with 180° turn in either direction.</li> </ul>	<p>On a line(FS5)</p> <ul style="list-style-type: none"> <li>March, lifting knees and elbows up to a 90° angle.</li> <li>Walk fluidly with heel to toe landing.</li> <li>Walk fluidly, lifting knees and using heel to toe landing.</li> <li>Walk fluidly lifting heels to bottom and using heel to toe landing.</li> </ul> <p>Ball skills (FS9):</p> <p>In 20 seconds or less:</p> <ul style="list-style-type: none"> <li>Legs apart and move the ball around one leg 16 times (right and left leg).</li> <li>Move a ball round waist 17 times.</li> <li>Stand with legs apart and move the ball around alternate legs 16 times.</li> </ul>	<p>In Pairs (FS7):</p> <ul style="list-style-type: none"> <li>Hold on and, with a short base, lean back, hold balance and then move back together.</li> <li>Hold on with one hand and, with a short bass, lean back, hold balance and then move back together.</li> <li>Perform above challenges with eyes closed.</li> </ul> <p>Sending and Receiving(FS8):</p> <ul style="list-style-type: none"> <li>Strike a ball with alternate hands in a rally</li> <li>Kick a ball with the same foot.</li> <li>Kick a ball with alternate feet.</li> <li>Roll two balls alternately using both hands, sending one as the other is returning</li> </ul>	<p>Floorwork(FS3):</p> <ul style="list-style-type: none"> <li>Hold full front support position</li> <li>Lift one arm and point to the ceiling with either hand in front support.</li> <li>Transfer cone on and off back in front support.</li> </ul> <p>Reaction and Response (FS12):</p> <p>From 1,2,and 3 metres:</p> <ul style="list-style-type: none"> <li>React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on one leg.</li> </ul>	<p>Stance (FS4):</p> <ul style="list-style-type: none"> <li>Receive small force from various angles.</li> <li>Raise alternate feet five times.</li> <li>Raise alternate knees five times.</li> <li>Catch ball at chest height and throw it back.</li> </ul> <p>Ball chasing(FS11):</p> <ul style="list-style-type: none"> <li>Chase a large rolled ball, let it roll through legs and then collect it in a balanced position facing the opposite direction</li> <li>Chase a large bouncing ball, let it roll through legs and then collect it in a balanced position facing the opposite direction.</li> <li>Complete above challenges with tennis ball.</li> </ul>
Sport specific skills	<ul style="list-style-type: none"> <li>.</li> </ul>	<p>Gym</p> <ul style="list-style-type: none"> <li>Choose ideas to compose a movement sequence independently and with others.</li> <li>Link combinations of actions with increasing confidence,</li> </ul>	<ul style="list-style-type: none"> <li>.</li> </ul>		<ul style="list-style-type: none"> <li>Move with the ball in a variety of ways with some control.</li> <li>Use two different ways of moving with a ball in a game.</li> <li>Pass the ball in two different ways in a game situation with some success</li> </ul>	<p>Athletics</p> <ul style="list-style-type: none"> <li>Identify and demonstrate how different techniques can affect their performance.</li> <li>Focus on their arm and leg action to improve their sprinting technique.</li> </ul>

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		<p>including changes of direction, speed or level.</p> <ul style="list-style-type: none"> <li>• Develop the quality of their actions, shapes and balances.</li> <li>• Move with coordination, control and care.</li> <li>• Use turns whilst travelling in a variety of ways.</li> <li>• Use a range of jumps in their sequences.</li> <li>• Begin to use equipment to vault.</li> <li>• Create interesting body shapes while holding balances with control and confidence.</li> <li>• Begin to show flexibility in movements</li> </ul> <p>Dance</p> <ul style="list-style-type: none"> <li>• Begin to improvise with a partner to create a simple dance.</li> <li>• Create motifs from different stimuli.</li> <li>• Begin to compare and adapt movements and motifs to create a larger sequence.</li> <li>• Use simple dance vocabulary to compare and improve work.</li> <li>• Perform with some awareness of rhythm and expression.</li> </ul>			<ul style="list-style-type: none"> <li>• Know how to keep and win back possession of the ball in a team game</li> <li>• Find a useful space and get into it to support teammates.</li> <li>• Apply and follow rules fairly.</li> <li>• Understand and begin to apply the basic principles of invasion games.</li> <li>• Know how to play a striking and fielding game fairly.</li> <li>• Apply and follow rules fairly.</li> <li>• Understand and begin to apply the basic principles of invasion games.</li> <li>• Know how to play a striking and fielding game fairly.</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to combine running with jumping over hurdles.</li> <li>• Focus on trail leg and lead leg action when running over hurdles.</li> <li>• Understand the importance of adjusting running pace to suit the distance being run.</li> <li>• Use one and two feet to take off and to land with.</li> <li>• Develop an effective take-off for the standing long jump.</li> <li>• Develop an effective flight phase for the standing long jump.</li> <li>• Land safely and with control.</li> <li>• Throw with greater control and accuracy.</li> <li>• Show increasing control in their overarm throw.</li> <li>• Perform a push throw.</li> <li>• Continue to develop techniques to throw for increased distance.</li> </ul> <p>Rounders</p> <ul style="list-style-type: none"> <li>• Demonstrate successful hitting and striking skills.</li> <li>• Develop a range of skills in striking (and fielding where appropriate).</li> <li>• Practise the correct batting technique and use it in a game.</li> <li>• Strike the ball for distance.</li> </ul>
Vocabulary		Stretch; push; pull; step; spring; crawl; still; slowly; tall; long; forwards; high; low; roll; copy; jump; land; balance Repetition; Action and reaction			Keep possession; Scoring goals; Keeping score; Making space; Pass/send/receive; Travel with a ball; Points; Rules; Tactics;	Batting; Fielding; Defending; Hitting