

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

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