

Year 3	Physical Education					
KS2 Objectives	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Football Swimming	Handball Gymnastics	Hockey Dance	Tag Rugby OAA: Communication and Tactics	Cricket Tennis	Rounders Athletics
To use running, jumping, throwing and catching in isolation and in combination						Athletics Explore running for speed Explore acceleration Introduce /develop relay: Running for speed in a team Throwing: Accuracy vs distance Standing long jump
To play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	Football Introduce/develop dribbling keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling	Handball Introduce passing, receiving and creating space Develop passing and moving Combine passing and moving Introduce shooting Develop passing and shooting	Hockey Introduce dribbling; keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting	Tag Rugby Introduce moving with the ball, passing and receiving Introduce tagging Create space when attacking Develop passing and moving Combine passing/moving to create attacking opportunities	Cricket Understand the concept of batting and fielding Introduce throwing overarm Introduce throwing underarm Introduce catching Striking with intent Tennis Introduction tennis, outwitting an opponent Creating space to win a point Consolidate how to win a game introduce rackets Introduce the forehand	Rounders Introduce to rounders Introduce overarm throwing Apply overarm and underarm throwing Introduce stopping the ball Application of stopping the ball in a game
To develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]		Gymnastics: Symmetry & Asymmetry Introduction to symmetry Introduction to asymmetry Application of learning onto apparatus Sequence formation Sequence completion				
To perform dances using a range of movement patterns			Wild Animals Responding to stimuli Developing character dance into a motif Developing sequences with a partner in character that			

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			show relationships Extending sequences with a partner in character			
To take part in outdoor and adventurous activity challenges both individually and within a team				Communication & Tactics Creating and applying Simple tactics Developing leadership Developing communication as a team / collaborate effectively as a team Create defending and attacking tactics as a team		
To compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Comparing, evaluating and improving personal performances in football and swimming. How have I performed? What aspects of my performance could be improved? Have I improved my performance? How could I show this improved personal performance?	Comparing, evaluating and improving personal performances in handball and gymnastics. How have I performed? What aspects of my performance could be improved? Have I improved my performance? How could I show this improved personal performance?	Comparing, evaluating and improving personal performances in hockey and dance. How have I performed? What aspects of my performance could be improved? Have I improved my performance? How could I show this improved personal performance?	Comparing, evaluating and improving personal performances in tag rugby and understanding of communication and tactics. How have I performed? What aspects of my performance could be improved? Have I improved my performance? How could I show this improved personal performance?	Comparing, evaluating and improving personal performances in cricket and tennis. How have I performed? What aspects of my performance could be improved? Have I improved my performance? How could I show this improved personal performance?	Comparing, evaluating and improving personal performances in athletics and rounders. and orienteering. How have I performed? What aspects of my performance could be improved? Have I improved my performance? How could I show this improved personal performance?
To swim competently, confidently and proficiently over a distance of at least 25 metres	Swimming To be taught to swim with proficiency and confidence using a range of strokes. To learn how to perform safe self-rescue in different water-based situations. Lessons to be taught by qualified instructors at a local pool.					
To use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]						
To perform safe self-rescue in different water-based situations.						
HC Confidence /Aspiration /Resilience / Spirituality						

