

Physical Education Year 3	
Physical skills	• Develop a range of fundamental skills with control and consistency including running, jumping, throwing and catching in isolation and in combination • Perform and repeat longer sequences with clear shapes and controlled movements with changes in level, direction and speed • Perform balance, agility and co-ordination skills in a range of activities with increasing control and accuracy • Begin to play competitive sports implementing their fundamental skills into them - including football/basketball/hockey/tri-golf/tennis • Begin to take part in outdoor activity challenges both individually and in a team
Cognitive and creative skills	• Order and follow instructions, movements and skills • Recognise similarities and differences in performance and explain why someone/something is working and suggest areas of improvement and use this information to improve their own performance • Understand tactics of attacking and defending games • Show good awareness of space and the actions of others use simple rules fairly and extend them to devise their own games
Personal skills	• Improve their stamina and resilience levels when things become difficult • Develop confidence and competence • Accurately know where their learning is at and challenge themselves • Persist with a task and improve it by regular practise • Begin to compare their performance with previous ones and demonstrate improvements to achieve their personal best
Health and Fitness Skills	• Know why exercise is important for good health including warming up/cooling down • Say how the body feels before, during and after exercise and link this to their heart beating faster and slower • Use equipment safely and appropriately with indirect supervision
Key vocabulary	Related Vocabulary
Greater Depth:	• Throw a variety of objects, changing their action for accuracy and distance • Perform combinations of movements using the floor,

	mats and apparatus • Use ideas they have learned in one task and apply them in others • Choose and use a range of tactics for defending and challenging their opponents for striking/fielding/team and net games • Provide examples of physical activity to enhance fitness and improve the development of their stamina • Individual talents and interests (in and out of school) are enhanced
Topic/Novel Link:	

Defined End Point
- Develop competence to excel in a broad range of physical activities by evaluating the performance of themselves and others - Begin to engage in competitive sports and activities - Understand how to lead healthy, active lives - The impact of diet and fitness on the organs in the human body