

What are we learning in Year 3:

P.E

Term: Autumn



Focus: Netball

Get Set 4 P.E.

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|---|--|
| 1 | To develop passing and moving and play within the footwork rule. |
| 2 | To develop passing and moving towards a goal. |
| 3 | To develop movement skills to lose a defender. |
| 4 | To be able to defend an opponent and try to win the ball. |
| 5 | To develop the shooting action. |
| 6 | To develop playing using netball rules. |

What are we learning in Year 3:

P.E

Term: Autumn



Focus: Dance

Get Set 4 P.E.

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|---|---|
| 1 | To create actions in response to a stimulus and move in unison with a partner. |
| 2 | To create actions to move in contact with a partner or interact with a partner. |
| 3 | To select and link appropriate actions and dynamics to show our dance idea. |
| 4 | To select and link appropriate actions and dynamics to show our dance idea. |
| 5 | To share ideas of actions and dynamics to create a dance that shows a location. |
| 6 | To use choreographing ideas to develop our dance. |

What are we learning in Year 3:

P.E



Term: Spring

Focus: Swimming 1

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|---|---|
| 1 | To develop an understanding of buoyancy and balance in the water. |
| 2 | To develop independent movement and submersion. |
| 3 | To develop gliding and crawl legs. |
| 4 | To develop front crawl breathing. |
| 5 | To develop gliding and backstroke. |
| 6 | To develop rotation, sculling and treading water. |

What are we learning in Year 3:

P.E



Term: Spring

Focus: Swimming 2

7	To develop surface dives, submersion and handstands.
8	To develop head above water breaststroke technique.
9	To develop head above water breaststroke technique.
10	To develop basic skills in water safety and floating.
11	To learn techniques for personal survival.
12	To develop water safety skills and an understanding of personal survival.



What are we learning in Year 3:

P.E

Term: Summer

Focus: Athletics

1	To develop the sprinting technique and improve on your personal best.
2	To develop changeover in relay events.
3	To develop jumping technique in a range of approaches and take off positions.
4	To develop throwing for distance and accuracy.
5	To develop throwing for distance in a pull throw.
6	To develop officiating and performing skills.



What are we learning in Year 3:

P.E

Term: Summer

Focus: Tennis

1	To develop racket and ball control.
2	To develop returning the ball using a forehand groundstroke.
3	To be able to rally using a forehand.
4	To develop the two-handed backhand.
5	To learn how to score. To develop playing against an opponent.
6	To work collaboratively with a partner and compete against others.