A picture containing person, toy, doll

Description automatically generatedA picture containing toy

Description automatically generated

Name: ­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PE – Year 3**

**Autumn 2 – Invasion Games**

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|  | **Key Objective:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I adapt sequences to suit different types of apparatus? |  |  |
| Can I complete actions with increasing balance and control? |  |  |
| Can I perform matching and contrasting shapes? |  |  |
| Can I explore point and patch balances and transition smoothly into and out of them? |  |  |
| Can I perform the straight, barrel and forward roll? |  |  |
| Can I perform stepping into shape jumps with control? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | With help, can I recognise how performances can be improved? |  |  |

**Autumn 1 - Gymnastics**

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|  | **Key Objective:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I dribble, pass, receive and shoot the ball with some control? |  |  |
| Can I understand my role as an attacker and as a defender? |  |  |
| Can I explore sending and receiving whilst abiding by the rules of the game? |  |  |
| Can I explore dribbling the ball whilst abiding by the rules of the game under some pressure? |  |  |
| Can I use movement skills to lose a defender? |  |  |
| Can I explore shooting actions in a range of invasion games? |  |  |
| Can I track opponents to limit their scoring opportunities and slow them down? |  |  |
| Can I move with a ball towards goal with some control? |  |  |
| Can I find space away from others and near to my goal? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I begin to use simple tactics? |  |  |
| Can I learn the rules of the games and begin to use them honestly? |  |  |
| A group of people in matching yellow shirts  Description automatically generated with low confidence | Can I work co-operatively with my group to self-manage games? |  |  |

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|  | **Key Objective:** | **Start of unit** | **End of unit** |
| A close-up of a logo  Description automatically generated with low confidence | Can I repeat, remember and perform a dance phrase? |  |  |
| Can I use counts to keep in time with a partner and groups? |  |  |
| Can I create a short dance phrase that communicate an idea? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I perform short, self-choreographed phrases showing awareness and timing? |  |  |
| Can I provide feedback using key words? |  |  |

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|  | **Key Objective:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I begin to strike a bowled ball afet a bounce using different equipment? |  |  |
| Can I explore bowling and fielding skills to include a two-handed pick up? |  |  |
| Can I use under and overarm throwing in game situations? |  |  |
| Can I catch with some consistency in game situations? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I develop an understanding of tactics and use them in game situations? |  |  |
| Can I learn the rules of the game and begin to use them honestly? |  |  |
| A group of people in matching yellow shirts  Description automatically generated with low confidence | Can I work co-operatively with my group to self-manage games? |  |  |

**Spring 2 – Striking & Fielding**

**Spring 1 - Dance**

**Summer 2 – Net & Wall Games**

**Summer 1 - Athletics**

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|  | **Key Objective:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I run at fast, medium and slow speeds and be able to change speeds and direction? |  |  |
| Can I use different take off and landings when jumping for distance and height? |  |  |
| Can I theow a variety of objects, changing my action for accuracy and distance? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I identify when I was successful? |  |  |
| Can I show determination to achieve my personal best? |  |  |
| A group of people in matching yellow shirts  Description automatically generated with low confidence | Can I work with a partner in a small group, sharing ideas? |  |  |

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| --- | --- | --- | --- |
|  | **Key Objective:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I explore returning a ball using focus shots such as the forehand and backhand? |  |  |
| Can I explore serving from an underarm serve? |  |  |
| Can I explore rallying with a forehand to return the ball to a partner? |  |  |
| Can I consistently return to the ready position between shots? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I learn the rules of the game and beginning to use them to play fair? |  |  |