



Subject Overview | Physical Education
Zetland Primary School

Year Group: 3

PE	Autumn	Spring	Summer
<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to:</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • 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 • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] 	<p>Outdoor AA Take part in outdoor and adventures activity challenges, both individually and within a team. Using the local community to do this. 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</p> <p>Dance Responding to stimuli Developing character dance into a motif Developing sequences with a partner in character that show relationships Extending sequences with a partner in character Responding to stimuli, extreme weather Developing thematic dance into a motif Extending dance to create sequences with a partner Developing sequences with a partner</p>	<p>Gym Introduction to symmetry Introduction to asymmetry Application of learning onto apparatus Sequence formation Sequence completion</p> <p>Team Games 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 Hockey- Introduce dribbling; keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting</p>	<p>Net and Wall Basketball- Introduce dribbling; keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting Tennis- Introduction tennis, outwitting an opponent Creating space to win a point Consolidate how to win a game Introduce rackets Introduce the forehand</p> <p>Athletics Explore running for speed Explore acceleration Introduce /develop relay: Running for speed in a team Throwing: Accuracy vs distance Standing long jump</p>



Subject Overview | Physical Education
Zetland Primary School

Year Group: 3

<ul style="list-style-type: none">• perform dances using a range of movement patterns• take part in outdoor and adventurous activity challenges both individually and within a team• compare their performances with previous ones and demonstrate improvement to achieve their personal best.			
--	--	--	--