**Year 3 PE-Curriculum Map.**

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| 6 Strands of PE  (Golden Thread) | Skills taught. | End Points to be achieved by  the end of the year. |
| Fundamental skills. | Use the correct technique to start a sprint race.  Develop my coordination to improve my speed.  Hurdle efficiently and consistently  Sprint between hurdles  Develop the technique and consistency of my jumps.  Jump consistently off the same foot.  Run a relay efficiently as part of a team | To be able to perform the fundamental movement skills with an element of control. |
| Dance. | Develop a motif demonstrating some agility, balance, coordination, and precision.  Creatively change static actions into travelling movements  Show different levels and pathways when I travel.  Communicate effectively with a partner.  To use the actions from the motif creatively using different body parts and movements  Link my movements together.  To create a routine of varying movements. | To be able to perform a sequence of linked skills to create a routine. |
| Gymnastics 3 strands as they progress through the school.  Movement  Balance  Partner/group work. | Step gracefully and with control  Turn through 90, 180, 270 and 360 degrees.  Spin on points and patches  Hold balances with good control.  Find ways of moving out of one balance and into another  Show different graceful ways of getting from floor to ground and vice versa.  Link high and low moves.  Explore a variety of rolls.  Create a sequence of rolls and balances.  Travel on patches close to the ground.  Perform with work at contrasting levels.  Perform a range of gymnastic movements at my own level.  Link movements seamlessly  Perform with smooth transitions.  Walk like a giraffe.  Spin symmetrically and asymmetrically on points and patches  Forward roll  Perform a series of symmetrical and asymmetrical rolls with a partner.  Create a sequence using a range of symmetrical and asymmetrical gymnastic moves  Take weight on patches.  Take weight on my hands as part of a sequence of moves.  Go into inversion.  Perform shoulder and teddy bear rolls | To be able to perform sequences using fundamental gymnastics skills safely on a range of apparatus skills. |
| Invasion Games | Pass under pressure.  Defend individually and/or as part of a team.  Pass a ball to bypass a defender by passing quickly, or using feinting or, ‘giving the eyes.  Attack by being fluid in my positioning, using the width and passing quickly.  Get free from opponents by feinting.  Position myself to take rebounds.  Pivot having landed in possession of the ball.  Track an opponent.  Change direction easily.  Pass a ball accurately.  Control a ball sent to me.  Pass in a variety of ways using good technique.  Receive a pass on the run.  Play advantage appropriately.  Work effectively as part of a team.  I can control the ball on the move (dribble) and keep my head up to be aware of my environment.  I can pass the ball using good techniques of having a target, receiving the pass, stepping in the direction of the pass.  I can pass on the move with good technique and communicate with my teammates.  Shield a ball from an opponent.  Make good decisions when in possession.  Use a numerical advantage by overloading, overlapping, and underlapping.  Focus and retain my concentration when the ball isn't in my area of the pitch | To learn the skills of attack and defence as part of a team in a range of sports. |
| Net and Wall Games. | Take up a ‘ready position’ and move into good positions to strike a ball.  Play a game of hand tennis trying to move my opponent around the court.  Hit consistent forehand returns.  Get into consistently good positions to hit the ball after one bounce.  Get into good positions to play backhand shots.  Strike the ball on the backhand with some consistency.  Volley a ball on the forehand and backhands,  Serve from the baseline into my opponent's side of the court.  Move into the correct position to play a variety of shots | To be able to play a range of shots and strokes |
| Striking and fielding Games. | Send using good throwing technique.  Receive using good catching a technique.  Develop basic bowling and batting skills.  Stop a moving ball with both hands  Create a body barrier using my feet or legs.  Field the ball off the ground using a variety of techniques.  I can bowl towards the opponent’s bat accurately using an underarm technique.  I can strike a bowled ball using batting equipment. | To stop a ball using two hands, creating a barrier behind it with feet or legs and return accurately using an appropriate throw.   * To be able to bowl underarm accurately. * To be able to strike an underarm bowled ball. |