PE at Kimbolton St James’ Primary School

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| **Knowledge – Year 3** |
| **Topic** | **Vocabulary** |  |
| **Invasion Games** | ThrowingCatchingPassing ReceivingAttacking DefendingScoring goals/pointsWhen to travel with a ballSpace | * I can explain the importance of warm up
* I know that an invasion game involves attacking an opponent’s territory with the aim of scoring a goal or point
* I can keep my eye on the ball and move my body and hands to the right place so that I can catch a ball with greater control and accuracy
* I can throw a ball in different ways (e.g. high, low, fast and slow)
* I can use my catching and throwing skills to pass and receive in an invasion game
* I can travel forwards, backwards and sideways, changing direction as part of an invasion game
* I know which way my team are attacking
* I can find a useful space and get into it to support my team mates
* I can participate in invasion games in a controlled manner
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| **Dance** | SpaceStillnessTravelSpeedDirection LevelsImproviseMotifPattern/ sequenceRepetitionAction and reactionPerform | * I can explain the importance of warm up
* I can warm up and cool down at the beginning and end of a dance session and understand why it is important
* I can use the space around me to move forwards and backwards and up and down
* I can use stillness as part of a dance sequence
* I can travel across the floor as part of my dance sequence, becoming more confident at changing speed, direction. and level
* I know that a motif in a dance is a movement within a dance
* I am beginning to improvise and collaborate with a partner or a group to create simple motifs that I can use in a dance sequence
* I know that a dance sequence is a set pattern of movements performed to music that has been specially chosen for the dance
* I can use simple repetition to develop a simple dance motif
* I know that action is any movement that a dancer does during a dance
* I can react to actions that my partner or group perform
* I can perform with some awareness of rhythm and expression
* I am beginning evaluate my movements and links to improve them
* I am beginning to evaluate a peer performance
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| **Gymnastics** | SequenceJumpsRollsShapesBalancesTravelLinksSpeed and LevelApparatusPerformEvaluate | * I can explain the importance of warm up
* I know that a sequence is a number of movements put together
* I can perform an increasing range of jumps, rolls and shapes as part of a sequence of 2-3 movements
* I can perform an increasing range of balances as part of a sequence of 2-3 movements
* I am beginning to travel and link my skills with actions such as tiptoes, steps, jumps and hops
* I am beginning to show my awareness of speed and levels when I perform a sequence
* I can perform individually, with a partner and in a group with increasing confidence
* I can evaluate and give feedback on a performance to my peers with increasing confidence
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| **Athletics** |  RunningSprint and starting stanceMiddle distance and starting stanceRunning TechniqueJumpingJumping techniqueStanding long jumpThrowing  Throwing techniquePush throwEvaluate and improve performance | * I can explain the importance of warm up
* I am beginning to focus on my arm and leg action to improve my running technique.
* I can show a starting stance that is appropriate for the distance I am running.
* I can show an awareness of adjusting my running pace to the distance I am running, when reminded.
* I can demonstrate a standing long jump, with an awareness of take-off, flight phase and a safe, controlled landing.
* I can throw with a greater degree of accuracy.
* I can demonstrate a basic throwing technique and perform a push throw.
* I am becoming more confident at understanding how I can improve my own and my peer’s athletics performance and can offer basic feedback when evaluating performances.
* I can compete against myself and others in a controlled manner.
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| **Swimming** | PushGlide LengthWidth |  |
| **Skills** |

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| **Key skills****Key knowledge** | **1****Invasion games** | **2****Gymnastics** | **3****Dance** | **4****Athletics** | **5****Swimming** |
| **Developing Skills****Making and Applying** **Decisions****Evaluating and Improving** | **To engage in appropriate competitive games against self and others.****Participate in team games developing simple tactics for attacking and defending.** **Enjoy taking part and be able to recognise their own success.** | **To develop fundamental movement skills (agility, balance and co-ordination.)** **Learn how to use the skills in different ways.****Be able to talk about own and others’ performances and show improvements.** | **To develop fundamental movement skills.****To perform dances using simple movement patterns with opportunity to be creative and make their own decisions.** **Be able to talk about own and others’ performances and show improvements.** | **To master fundamental movements including running, jumping and throwing.****To begin to apply the skills in a range of activities mainly in isolation. Sprints and longer distances / standing broad jump, vertical jump, triple jump / throwing a variety of implements.****Enjoy taking part and be able to recognise their own success.** | **To begin to develop the basic water skills leading to the ability to swim competently, confidently and proficiently over 25 metres.****To use a range of strokes and skills effectively.****Improve on stroke technique. Evaluate own water safety.** |
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