

Curriculum Intent: PE (2024 - 2025)

| Year 3 PE | | | | | |
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| ADVENT 1 Children will... | ADVENT 2 Children will... | LENT 1 Children will... | LENT 2 Children will... | PENTECOST 1 Children will... | PENTECOST 2 Children will... |
| Fundamentals (Y3/4) L1: know how to develop balance and apply it to other fundamental movement skills. L2: know how to understand how the body moves differently at different speeds. L3: know how to develop technique when changing speed. L4: know how to develop agility using a change of speed and direction. L5: know how to develop technique and control when jumping, hopping and landing. L6: know how to apply fundamental skills to a variety of games. Tag Rugby (Y3/4) L1: know the correct techniques for handling a rugby ball. | Cricket (Y3/4) L1: know how to score points in a striking and fielding game. L2: know how to develop batting to score points. L3: know how to develop fielding skills to limit the batter's score. L4: know how to understand the role of a bowler. L5: know how to develop my understanding of tactics and begin to use them. L6: know how to apply skills and knowledge to play games using cricket rules. Gymnastics L1: know how to create interesting point and patch balances. | Dance (Machines and A Trip to...) L1: know how to create actions in response to a stimulus and move in unison with a partner. L2: know how to create actions to move in contact with a partner or interact with a partner. L3: know how to select and link appropriate actions and dynamics to show our dance idea. L4: know how to remember, repeat and create actions to represent an idea. L5: know how to share ideas of actions and dynamics to create a dance that shows a location. L6: know how to use choreographing ideas to develop our dance. Tennis | Golf (Y3/4) L1: know how to explore technique when aiming towards a target. L2: know how to develop accuracy when aiming towards a target. L3: know how to explore technique when aiming at a target over a short distance. L4: know how to explore technique when aiming at a target over a short distance. L5: know how to explore technique when aiming at a target over a long distance. L6: know how to apply skills and knowledge to compete in a tournament. Fitness (Y3/4) L1: know how balance helps us in everyday life. | Swimming (Y1/2) <i>External provider may have a sequence of lessons that they follow.</i> L1: know how to develop confidence when entering and moving in the water. L2: know how to safely enter and exit the pool as well as developing confidence in the water. L3: know how to develop confidence when travelling in the water and begin to develop floating. L4: know how to develop confidence to submerge in the water. L5: know how to develop confidence when submerging. L6: know how to develop floating on front and back. | Swimming (Y3/4) <i>External provider may have a sequence of lessons that they follow.</i> L1: know how to develop an understanding of buoyancy and balance in the water. L2: know how to develop independent movement and submersion. L3: know how to develop gliding and crawl legs. L4: know how to develop front crawl breathing. L5: know how to develop gliding and backstroke. L6: know how to develop rotation, sculling and treading water. |

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| <p>L2: know how to develop throwing, catching and running with the ball.</p> <p>L3: know how to defend by taking an attacker's tag.</p> <p>L4: know how to develop an understanding of defending as a team.</p> <p>L5: know how to explore attacking skills to get closer to the try line.</p> <p>L6: know how to apply the rules and skills to small sided games.</p> | <p>L2: know how to develop point and patch balances on apparatus.</p> <p>L3: know how to develop stepping into shape jumps with control.</p> <p>L4: know how to develop stepping into shape jumps using apparatus.</p> <p>L5: know how to develop the straight, barrel and forward roll.</p> <p>L6: know how to include rolls in sequence work using apparatus.</p> | <p>L1: know how to develop racket and ball control.</p> <p>L2: know how to explore rallying using a forehand.</p> <p>L3: know how to explore returning the ball using a forehand.</p> <p>L4: know how to explore returning the ball using a backhand.</p> <p>L5: know how to learn how to score and use simple rules.</p> <p>L6: know how to work collaboratively with others to begin to manage a game.</p> | <p>L2: know how co-ordination helps us in everyday life.</p> <p>L3: know how strength helps us in everyday life.</p> <p>L4: know how speed helps us in everyday life.</p> <p>L5: know how agility helps us in everyday life.</p> <p>L6: know how stamina helps us in everyday life.</p> | | |
| VOCABULARY | | | | | |
| <p>Fundamentals</p> <p>Distance, control, pace, technique, momentum, rhythm, accelerate, co-ordination, tension, decelerate, stability, transfer</p> | <p>Cricket</p> <p>Runs, technique, wicket keeper, strike, retrieve, bowl, fielding, stumped, two-handed pick up, stance, wicket, short barrier, grip, batting</p> | <p>Dance</p> <p>Unison, explore, create, feedback, perform, timing, levels, flow, dynamics, expression, actions</p> | <p>Golf</p> <p>Rules, putt, drive, club, strike, target, course, distance, least, align, putter, tee, accurately, swing, chipping</p> | <p>Swimming</p> <p>Safely, enter, rules, front, travel, kicking, exit, back, pulling, breathing, unaided, gliding, floating, splash</p> | <p>Swimming</p> <p>Sculling, crawl, breaststroke, submersion, rotation backstroke, buoyancy, survival, alternate, huddle, stroke, treading water</p> |
| <p>Tag Rugby</p> <p>Defence, receiver, mark, tag, try, dodge, opponent, possession, offside, opposition, onside, score, outwit</p> | <p>Gymnastics</p> <p>Matching, contrasting, sequence, direction, interesting, flow, explore, control, shape, create</p> | <p>Tennis</p> <p>Ready position, racket, track, rally, control, return, opponent, accurately</p> | <p>Fitness</p> <p>Fitness, speed, strength, balance, pace, steady, agility, control, progress, co-ordination, muscle, stamina</p> | | |