

Cheadle Primary – the school at the heart of the village, free to flourish, ready to learn and succeed. **Progression of Skills and Knowledge: PE Year 3**

	Autumn 1		Autumn 2	Spring 1	Spring 2	Summer 1		Summer 2
Topic	Gymnastics - Linking movements together	Athletics	Handball	Cricket	Yoga	OAA	Dance - Egyptians	Dodgeball
Overview	In this unit, children will put together skills learnt in KS1 to develop routines, linking movements together.	In this unit we begin to learn a range of throwing, jumping and running techniques and hone technique before competing against ourselves and others.	In this unit children learn how to bounce, dribble, pass and shoot. They learn how to play a game by the rules.	This unit introduces the skills of bowling, ground fielding, catching, wicket keeping and batting and looks to link skills, beginning to show children how the different components fit together into the game itself.	In this unit children will learn different poses around themes. They will learn how to warm up, to breathe during exercise and the value of relaxation and meditation.	Children begin to learn how to plan and communicate as part of a group before taking on physical challenges.	In this unit children use dance to express their understanding of The Egyptians. They use individual, partner and group work.	A net wall unit, this combines skills of throwing, evading and catching whilst developing tactical awareness decision making under pressure.
Skills	<p>Step gracefully and with control Turn through 90, 180, 270 and 360 degrees Spin on points and patches.</p> <p>Hold balances with good control Find ways of moving out of one balance and into another.</p> <p>Show different graceful ways of getting from floor to ground and vice versa Link high and low moves.</p> <p>Begin to explore a variety of rolls Create a sequence of rolls and balances.</p> <p>Travel on patches close to the ground Perform with work at contrasting levels.</p> <p>Perform a range of gymnastic movements at my own level Link movements seamlessly.</p>	<p>Use the correct technique to start a sprint race. Develop my coordination to improve speed.</p> <p>Learn the correct technique for hurdling. Try to sprint between hurdles.</p> <p>Practise a variety of jumping techniques. Jump consistently off the same foot, begin to learn how to scissor kick.</p> <p>Throw overarm with some accuracy. Begin to throw overarm with power for distance.</p> <p>Replicate the technique for running, jumping and throwing events. Learn how to run a relay as part of a team.</p> <p>Use the techniques for running, jumping and throwing events in competitive situations. Challenge myself to beat previous performances.</p>	<p>Send using a javelin style pass accurately. Catch a handball on the run.</p> <p>Pass and receive the ball on the move. Pass quickly under pressure.</p> <p>Throw/shoot accurately using good overarm technique.</p> <p>Intercept passes. Block a shot.</p> <p>Participate purposefully in a small sided game. Play to the rules of the game.</p> <p>Show a wide range of skills. Play in a variety of positions with equal proficiency. Keep control of my emotions whilst playing a tournament.</p>	<p>Learn to stand sideways on, ready to receive a ball. Some children will understand how to stand with a high back lift.</p> <p>Learn and practise the technique to bowl a ball overarm with a straight arm.</p> <p>Throw with some degree of accuracy.</p> <p>Begging to bat with a partner; hitting a ball and then running between a set of wickets and trying to communicate effectively.</p> <p>Some children will begin to bowl with a run up. Practise stopping hard balls struck at me by forming a long barrier.</p> <p>Learn to back up my fellow fielders in the field. Start to play purposefully in a competitive game, taking on multiple roles effectively.</p>	<p>Perform a variety of poses. Retain my focus.</p> <p>Hold positions with good alignment and shape.</p> <p>Work with control and isolating body parts.</p> <p>Control my breathing as exercising.</p> <p>Devise my own meditation. Work in a group to perform different poses.</p> <p>Articulate what the benefits of yoga are.</p>	<p>Develop ability to work as part of a team. Start to show enthusiasm, determination and resilience.</p> <p>Begin to work together in a small group to solve problems. Sometimes compete under pressure.</p> <p>Develop negotiation skills with my group. Begin to plan a route map.</p> <p>Work with others to solve problems. Follow the rules of an activity.</p> <p>Identify areas of the school grounds using a map with support. Learn how to run and think simultaneously to compete in a competition.</p> <p>Begin to Identify where a number of controls are situated around the school grounds via photographic clues. Take photographs of interesting places around the school site.</p>	<p>Develop a motif demonstrating some agility, balance, coordination and precision.</p> <p>Creatively change static actions into travelling movements. Show different levels and pathways when I travel.</p> <p>Communicate effectively with a partner.</p> <p>Communicate effectively within a group.</p> <p>Improve our ideas.</p> <p>Evaluate the work of others using accurate technical language.</p>	<p>Throw overarm powerfully and accurately. Keep my eye on the opposition at all times.</p> <p>Keep my eye on the opposition at all times. Time when to move to the net to throw.</p> <p>Catch to bring teammates back into the game. Judge which balls to try and catch and which to dodge.</p> <p>Show good peripheral awareness. Adapt to different rules quickly.</p> <p>Attack decisively Defend skilfully Work alongside others to agree tactics.</p> <p>Make good decisions at crucial times of games. Compete with passion, self-belief, respect, honesty, determination and teamwork.</p>
Knowledge	<p>The difference between a point and a patch To spin with control.</p> <p>The importance of working at different levels. How to move from one shape to another smoothly.</p>	<p>How to start a sprint race. Learning to keep my first few metres low and powerful.</p> <p>Explore and find out which my take off foot is and the technique associated with hurdling.</p>	<p>To signal with my hands when I want to receive a pass. To move into space after passing How to perform in unison.</p> <p>If a player holds possession, they can dribble or take</p>	<p>Learn how to grip the bat and what the crease is for.</p> <p>Practise gripping a ball when bowling. The process of bowling from the coil to release of the ball. Begin to position myself for wicket</p>	<p>How to prepare my body by breathing and stretching.</p> <p>Breathe and follow instructions.</p> <p>Maintain concentration and avoid distraction.</p>	<p>Learn how to use the process of elimination to work out symbols I don't know with support.</p> <p>Develop communication and negotiation skills to solve problems in a group. Try to persevere and try</p>	<p>How to contribute key words to a theme related mind map How to translate words/ideas into actions and combine.</p> <p>How to translate theme related actions into travelling movements.</p>	<p>To aim low and throw down to make it harder for the other team to catch me. When to attack and when to defend.</p> <p>To keep on the move to make myself more difficult to hit.</p>

<p>The importance of contrasts in my work. How to perform symmetrically and asymmetrically.</p> <p>How to use the space available to the best of my ability. The importance of control in everything I do.</p> <p>The importance of a good starting position and finishing position. To move with control with good quality transitions between movements.</p> <p>The importance of up levelling my work and acting upon feedback My own ability and choose to perform moves which are within my limitations.</p>	<p>Begin to understand that my furthest point backwards in long jump triple jump is the point measured in competition. Some children will run in an arc & to approach the bar sideways on when high jumping.</p> <p>Try to position my body sideways on when throwing. Learn the pull technique in throwing.</p> <p>Understand how to receive and transfer a baton safely. Learn techniques for remembering the triple jump.</p> <p>I can improve on personal bests. Understand how to measure my own and others' performances.</p>	<p>three steps for up to three seconds without dribbling.</p> <p>How to back up teammates when throws are wild and misplaced.</p> <p>The rules of handball. How to make the most of having an extra player.</p> <p>That I need to adapt a plan if the team goes down to having one fewer player.</p> <p>The importance of demonstrating values of teamwork and sportsmanship.</p>	<p>keeping so there are no obstructions to my vision.</p> <p>Understand when to slide my bat to make my ground when running between the wickets.</p> <p>Learn the different calls I can make as a batsman. Which batsman/ woman calls for runs and the circumstances when each should call.</p> <p>Understand how to form a long barrier to field a hard shot.</p> <p>Some children will begin to understand when to stand still in the field and when to walk in as the bowler runs in and the need to call their name if going for a high catch.</p>	<p>How to relax and the importance of relaxation. How to meditate.</p> <p>The benefits of learning some yoga poses. How to carry on enjoying yoga out of school.</p>	<p>again when things don't go immediately to plan.</p> <p>Begin to understand the compass points and how to use these to navigate around an area following directions.</p> <p>Understand the importance of listening to others and communicating well.</p> <p>Some children will learn how to orientate a map and find clues.</p> <p>How to use an Ipad to take photographs. How to take turns and use equipment safely.</p>	<p>How to translate images into actions to communicate meaning.</p> <p>How to listen to other's and share my own ideas. How to translate words from a poem into movements.</p> <p>How to use canon, formation changes, direction and level to improve our ideas. How to listen to other people's ideas and vocalise my own thoughts.</p> <p>How to recognise good timing, execution and performance skills.</p>	<p>The consequences of dropping an attempted catch.</p> <p>How to evaluate and improve the performance of my team.</p> <p>The rules of different versions of dodgeball.</p> <p>That tactics need to be decided on as a team.</p>
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