

Year 3 New National Curriculum

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:

- 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]
- 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.

In lower Key Stage 2 children should still have a high focus on fundamental movement skills and these will be taught as part of each unit, teachers will aim to move children into the mature development stage in their movement skills. There will also be a focus on learning rules and tactics for game

Long Term Overview

Term	PE Unit
Autumn 1	Swimming
Autumn 2	Outdoor and Adventurous Activities
Spring 1	Dance
Spring 2	Gymnastics
Summer 1	Athletics
Summer 2	Invasion Games