

# Physical Education in Year 3

## Focus: Games

- ✓ I can throw a ball in different ways (e.g. high, low, fast or slow).
- ✓ I can practise the correct batting technique and use it in a game.
- ✓ I can perform a range of catching and gathering skills with control.
- ✓ I know how to keep and win back possession of the ball in a team game.
- ✓ I know how to play a striking and fielding game fairly.

## Focus: Athletics

- ✓ I can focus on my arm and leg action to improve sprinting technique.
- ✓ I can begin to combine running with jumping over hurdles.
- ✓ I can develop effective take-off for and flight phase skills for the standing long jump.
- ✓ I can perform a push throw.

## Focus: Dance

- ✓ I can begin to improvise with a partner to create a simple dance.
- ✓ I can use simple dance vocabulary to compare and improve work.
- ✓ I can perform with some awareness of rhythm and expression.

## Focus: Gymnastics

- ✓ I can carry out a jump (Star jump, Straddle jump, Pike jump, Straight jump half-turn, Cat leap)
- ✓ I can carry out controlled rolls (Crouched forward roll, Forward roll from standing, Tucked backward roll)
- ✓ I can carry out a handstand, lunge into handstand and a cartwheel.
- ✓ I can perform large and small body part balances, including standing and kneeling balances.
- ✓ I can move with coordination, control and care when sequencing a combination.

## Focus: Health and Fitness knowledge

- ✓ I know the importance of strength and flexibility for physical activity.
- ✓ I can explain why it is important to warm up and cool down.

