




PE Progression Map Year 3

National Curriculum	Area	Theme	Knowledge/Skills (Sequence of learning)	
<ul style="list-style-type: none"> • 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 	Athletics	Health and Fitness	<ol style="list-style-type: none"> 1) Recognise and describe the effects of exercise on the body 2) Know the importance of strength and flexibility for physical exercise 3) Explain why it is important to warm up and cool down 	describe strength, flexibility warm up, cool down
		Running	<ol style="list-style-type: none"> 1) Identify and demonstrate how different techniques can affect their performance 2) Focus on their arm and leg action to improve their sprinting technique 3) Begin to combine running with jumping over hurdles 4) Focus on trail leg and lead leg action when running over hurdles 5) Understand the importance of adjusting running pace to suit the distance being run 	technique, performance arm/leg action hurdles trail, lead leg running pace
		Throwing	<ol style="list-style-type: none"> 1) Throw with greater control and accuracy 2) Show increasing control in their overarm throws 3) Perform a push throw 4) Continue to develop techniques to throw for increased distance 	control, accuracy overarm push throw distance, technique
		Jumping	<ol style="list-style-type: none"> 1) Use 1 and 2 feet to take off and to land with control 2) Develop an effective take off for the standing long jump 3) Develop an effective flight phase for the standing long jump 4) Land safely and with control 	take off, land take off flight phase land safely
		Compete/ Perform	<ol style="list-style-type: none"> 1) Perform learnt skills and techniques with control and confidence 2) Compete against self and others in a controlled manner 	Perform Compete
		Evaluate	<ol style="list-style-type: none"> 1) Watch, describe and evaluate the effectiveness of a performance 2) Describe how their performance has improved over time 	evaluate improve
	Dance	Health and Fitness	<ol style="list-style-type: none"> 1) Recognise and describe the effects of exercise on the body 2) Know the importance of strength and flexibility for physical exercise 3) Explain why it is important to warm up and cool down 	describe strength, flexibility warm up, cool down

<ul style="list-style-type: none"> • team • compare their performances with previous ones and demonstrate improvement to • achieve their personal best. •swim competently, confidently and proficiently over a distance of at least 25 metres •use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] •perform safe self-rescue in different water-based situations. 		Dance Skills	<ol style="list-style-type: none"> 1) Begin to improvise with a partner to create a simple dance 2) Create motifs from simple stimuli eg Class topic 3) Begin to compare and adapt movements and motifs to create a larger sequence including changes of speed, level and direction 4) Use simple dance vocabulary to compare and improve work 5) Perform with some awareness of rhythm and expression 	Improvise, partner motifs, stimuli sequence, speed, level, direction compare, improve rhythm, expression
		Complete / Performs	<ol style="list-style-type: none"> 1) Develop the quality of the actions in their performances 2) Perform learnt skills and techniques with control and confidence 3) Compete / perform alone and in pairs / groups in a controlled manner 	quality of actions control, confidence perform, alone, pairs, groups
		Evaluate	<ol style="list-style-type: none"> 1) Watch, describe and evaluate the effectiveness of a performance 2) Describe how their performance has improved over time 	evaluate improve
	Games	Health and Fitness	<ol style="list-style-type: none"> 1) Recognise and describe the effects of exercise on the body 2) Know the importance of strength and flexibility for physical exercise 3) Explain why it is important to warm up and cool down 	effects of exercise on the body strength, flexibility, physical exercise warm up, cool down
		Tactics and Rules	<ol style="list-style-type: none"> 1) Apply and follow rules fairly 2) Understand and begin to apply the basic principles of invasion games (movement, dodging, space, talking) 3) Know how to play a striking and fielding game fairly 	rules invasion games, movement, dodging, space, talking striking, fielding
		Strike and hitting a ball	<ol style="list-style-type: none"> 1) Demonstrate successful hitting and striking skills 2) Develop a range of skills in striking 3) (and fielding where appropriate) 4) Practise the correct batting technique and use it in a game 5) Strike the ball for distance 	hitting, striking grip, body position, hand eye co-ordination technique distance
		Throwing and catching a ball	<ol style="list-style-type: none"> 1) Throw and catch with greater control and accuracy 2) Practise the correct technique for catching a ball and use it in a game 3) Perform a range of catching and gathering skills with control 4) Catch with increasing control and accuracy 5) Throw a ball in different ways eg high, low, fast or slow 6) Develop a safe and effective overarm throw 	throw, catch catching technique gather control, accuracy high, low, fast, slow overarm
		Attacking and defending	<ol style="list-style-type: none"> 1) Use simple attacking and defending skills in a game (movement, dodging, space, talking) 2) Use fielding skills to stop a ball from travelling past them 	attacking and defending skills fielding, stop
		Travelling with a ball	<ol style="list-style-type: none"> 1) Move with the ball in a variety of ways with some control 2) Use two different ways of moving with a ball in a game 	move, control two ways – move in a game
		Using space	<ol style="list-style-type: none"> 1) Find a useful space and get into it to support teammates 	Find space, support
Passing a ball	<ol style="list-style-type: none"> 1) Pass the ball in two different ways in a game situation with some success 	Pass in 2 different ways		

Gymnastics	Complete / Perform	<ol style="list-style-type: none"> 1) Develop the quality of the actions in their performances 2) Perform learnt skills and techniques with control and confidence 3) Compete against self and others in a controlled manner 	develop perform, control, confidence compete, self and others
	Evaluate	<ol style="list-style-type: none"> 1) Watch, describe and evaluate the effectiveness of a performance 2) Describe how their performance has improved over time 	watch, describe, evaluate describe, improvements
	Health and Fitness	<ol style="list-style-type: none"> 1) Recognise and describe the effects of exercise on the body 2) Know the importance of strength and flexibility for physical exercise 3) Explain why it is important to warm up and cool down 	describe strength, flexibility warm up, cool down
	Rolls	<ol style="list-style-type: none"> 1) Crouched forward roll 2) Forward roll from standing 3) Tucked backward roll 	crouched forward roll forward roll from standing tucked backward roll
	Acquiring and developing skills (General)	<ol style="list-style-type: none"> 1) Copy, explore and remember actions and movements to create their own sequence 2) Link actions to make a sequence 3) Travel in a variety of ways including rolling 4) Hold a still shape whilst balancing on different points of the body 5) Jump in a variety of ways and land with increasing control and balance 6) Climb onto and jump off the equipment safely 7) Move with increasing control and care 	movements link travel hold, balance, points jump climb, jump, safely
	Vault	<ol style="list-style-type: none"> 1) Hurdle step onto springboard 2) Squat on vault 3) Star jump off 4) Tuck jump off 5) Straddle jump off 6) Pike jump off 	Hurdle step squat star jump tuck jump straddle jump pike jump
	Shapes and Balances	<ol style="list-style-type: none"> 1) Large and small body part balances including standing and kneeling balances 2) Balances on apparatus 3) Matching and contrasting partner balances 4) Pike, tuck, star, straight, straddle shapes 5) Front and back support 	Large, small body parts Balances Match, contrast partner balance Pike, tuck, star, straight, straddle Front, back support
	Handstands, cartwheels and round offs	<ol style="list-style-type: none"> 1) Handstand 2) Lunge into handstand 3) Cartwheel 	Handstand lunge, handstand cartwheel
	Jumps	<ol style="list-style-type: none"> 1) Straight jump 2) Tuck jump 3) Jumping jack 4) Star jump 5) Straddle jump 6) Pike jump 7) Straight jump half turn 8) Cat leap 	straight tuck jumping jack star straddle pike straight jump, half turn cat leap
	Travelling and linking actions	<ol style="list-style-type: none"> 1) Tiptoe, step, jump and hop 2) Hopscotch 	Tip-toe, step, jump, hop Hopscotch

			3) Skipping 4) Chassis steps 5) Straight jump half turn 6) Cat leap	Skipping Chassis steps Straight jump half turn Cat leap
		Compete and perform	1) Develop the quality of the actions in their performances 2) Perform learnt skills and techniques with control and confidence 3) Compete against self and others in a controlled manner	develop quality control and confidence compete and control
		Evaluate	1) Watch, describe and evaluate the effectiveness of a performance 2) Describe how their performance has improved over time	evaluate improve
	Outdoor Adventurous Activities	Health and Fitness	1) Recognise and describe the effects of exercise on the body 2) Know the importance of strength and flexibility for physical exercise 3) Explain why it is important to warm up and cool down	effects of exercise on the body strength, flexibility, physical exercise warm up, cool down
		Trails	1) Orientate themselves with increasing confidence and accuracy around a short trail	orienteering, trail
		Problem Solving	1) Identify and use effective communication to begin to work as a team. 2) Identify symbols used on a key	effective communication symbols, key
		Preparation and Organisation	1) Begin to choose equipment that is appropriate for an activity	equipment
		Communication	1) Communicate with others	communicate
		Compete and Perform	1) Begin to complete activities in a set period of time 2) Begin to offer an evaluation of personal performances and activities	time limit self evaluation
		Evaluate	1) Watch, describe and evaluate the effectiveness of a performance 2) Describe how their performance has improved over time	evaluate improve