



What are the aims and intentions of this curriculum?

That children:

- Apply all fundamental movements (running, jumping, throwing and catching) plus agility, balance and co-ordination in combination.
- Take part in specific competitive games with a number of set rules.

Term	Topic	Knowledge	Skills	Assessment
Autumn 1	Tag Rugby	<ul style="list-style-type: none"> • To know how to score a try • To know to shout tagged when grabbing an opponent's tag • To know how to restart games after a try • To know how to commit a defender by running at pace • To know how to close space down • To know to support the ball carrier by staying just behind when they are carrying the ball • To know how to stagger a line and why it is important • To know how to defend across the width of the pitch • To know the offside rule 	<ul style="list-style-type: none"> • To hold a rugby ball correctly • To scoop a ball from the floor • To dodge to avoid being tagged • To tag safely • To send and receive a ball under pressure • To pass a rugby ball backwards accurately • To set up in a defensive formation • To play competitively to the rules 	
		<p>Vocabulary: Tag, offside, pop pass, pocket pass, try, attacking formation, defensive formation, knock on, ran out</p>		
Autumn 1	Dance – Dance around the world	<ul style="list-style-type: none"> • To know how to use canon, formation changes, direction and level to improve a motif • To know what is meant by good timing, execution and performance skills 	<ul style="list-style-type: none"> • To develop a motif demonstrating agility, balance, coordination and precision • To show different levels and pathways when travelling • To change static actions into travelling movements 	



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			<ul style="list-style-type: none"> To use choreography to create a sequence To communicate with a partner/group effectively To evaluate work using technical language 	
		Vocabulary: unison, transition, mirroring, canon, pathways, formation, static, agility, motif		
Spring 1	Gymnastics – Linking movements together	<ul style="list-style-type: none"> To know the difference between a point and a patch To know the importance of working at different levels To know how to move from one shape to another smoothly To know the difference between symmetrical and asymmetrical performance To know the importance of control To know the importance of a good starting position and finishing position 	<ul style="list-style-type: none"> To turn through 90, 180, 270 and 360 degrees To spin on points and patches with control To step gracefully with control To hold balances with good control To find ways of moving out of one balance to another To link high and low moves To explore a variety of rolls To create a sequence of rolls and balances 	
		Vocabulary: pencil roll, teddy bear roll, balance, support, symmetrical, asymmetrical, high moves, low moves, patch, point		
Spring 2	Tri Golf	<ul style="list-style-type: none"> To know the importance of standing still and being quiet when other players are taking a shot to know what a backswing is to know when to use an iron to know how to set up to play an iron shot to know what a tee is to know which club to use and when 	<ul style="list-style-type: none"> to grip a club appropriately to adopt a stance to strike the ball to putt a ball towards a target to strike the ball through the air with an iron to set up to play an iron shot to chip the ball over short distances to chip over hazards to avoid hazards to strike the ball with increasing 	



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			accuracy	
		Vocabulary: putt, iron, chip, hazard, grip, stance, backswing, follow through, tee, elevate		
Spring 2	Invasion Games Skills 3	<ul style="list-style-type: none"> To know how to travel with head up To know how to signal for the ball with hands so as to not alert defenders To know how to place the body between the opponent and the ball To know what a dummy pass is To know how to trick opponents by looking one way and then passing another To know how to close space down To know the importance of keeping the eye on the ball and not the player To know the importance of clearing danger from near the goal 	<ul style="list-style-type: none"> To dodge To get into good position to receive the ball To pass and move into space To shield a ball from an opponent To turn in different ways whilst in possession To dribble a ball with control To deceive opponents by feinting and dummying To close the space and jockey To communicate with fellow players 	
		Vocabulary: travel, signal, dummy pass, close space, dodge, space, possession, communicate, deceive, jockey		
Summer 1	Cricket	<ul style="list-style-type: none"> To know how to grip the bat To know how to move back and across to play a pull shot To know what the crease is for To know how to grip a ball when bowling To know the position for wicket keeping To know what 'backing up' means when fielding To know how to form a long barrier to field a hard shot To know when to stand still in the field and when to walk in 	<ul style="list-style-type: none"> To stand sideways with a high back lift when ready to receive a ball To step back and across to play a pull shot To bowl a ball overarm To take up a wicket keeping stance To throw powerfully and accurately To make different class when batting To stop balls struck hard by forming a long barrier To back up fellow fielders 	



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		<ul style="list-style-type: none"> To know the need to call when going for a catch 		
		Vocabulary: grip, pull shot, wicket keeper, long barrier, backing up, wicket, run out		
Summer 2	Athletics	<ul style="list-style-type: none"> To know how to start a sprint race To know which foot is the take-off foot To know the technique associated with hurdling To know that the furthest point backwards in long jump is the point measured in competition To know to position the body sideways when throwing To know how to transfer and receive a baton safely 	<ul style="list-style-type: none"> To use the correct technique to start a sprint To develop coordination to improve speed To sprint between hurdles To jump consistently from the same take off foot To throw overarm with accuracy To throw overarm with power for distance To run a relay effectively as part of a team 	
		Vocabulary: sprint technique, take off foot, scissor kick, pull technique		