

# YEAR 3 PHYSICAL EDUCATION CURRICULUM FRAMEWORK

## Overview of Key Stage 2 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.

AUTUMN TERM 1	AUTUMN TERM 2	SPRING TERM 3
<b>Gymnastics &amp; Football</b>	<b>Dance &amp; Football</b>	<b>Gymnastics &amp; Swimming</b>
<p><b>Pe 3 Develop flexibility, strength, technique, control and balance.</b></p> <p>Through the gymnastics unit of work children will explore key shapes, travelling and balancing before linking these skills together through performing sequences.</p> <p><b>Pe 1 Use running, jumping, throwing and catching in isolation and in combination.</b></p> <p><b>Pe 2 Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</b></p> <p>Through the football unit of work children will focus on co-ordination and movement; ball control; dribbling; and passing and receiving the ball before applying these skills through simple games.</p>	<p><b>Pe 4 Perform dances using a range of movement patterns.</b></p> <p>Children will develop dance routines and choreograph with a partner before performing their dance to a small audience.</p> <p><b>Pe 1 Use running, jumping, throwing and catching in isolation and in combination.</b></p> <p><b>Pe 2 Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</b></p> <p>Children will continue with the football unit of work focusing on co-ordination and movement; ball control, dribbling; and passing and receiving the ball before applying these skills through simple games.</p>	<p><b>Pe 3 Develop flexibility, strength, technique, control and balance.</b></p> <p>Through the gymnastics unit of work children will explore key shapes, travelling and balancing before linking these skills together through performing sequences, including using apparatus.</p> <p><b>PE1.2a swim competently, confidently and proficiently over a distance of at least 25 metres</b></p> <p><b>PE1.2b use a range of strokes effectively</b></p> <p><b>PE1.2c perform safe self-rescue in different water based situations.</b></p> <p>Children are taught these skills through a half an hour swimming session each week in a small group based upon their ability.</p>

SPRING TERM 4	SUMMER TERM 5	SUMMER TERM 6
<p align="center"><b>Gymnastics &amp; Swimming</b></p>		
<p><b>Pe 3 Develop flexibility, strength, technique, control and balance.</b></p> <p>Through the gymnastics unit of work children will explore key shapes, travelling and balancing before linking these skills together through performing sequences, including using apparatus.</p> <p><b>PE1.2a swim competently, confidently and proficiently over a distance of at least 25 metres</b>  <b>PE1.2b use a range of strokes effectively</b>  <b>PE1.2c perform safe self-rescue in different water based situations.</b></p> <p>Children are taught these skills through a half an hour swimming session each week in a small group based upon their ability.</p>		