



Warden House Primary School

Physical Education Curriculum

Overview 2016-17

Year 3



		Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 3	Games	Tennis	Hockey	Football	Netball	Rounders	Athletics
	<p>GAMES Throw and catch with control and accuracy. • Strike a ball and field with control. • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. • Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). • Pass to team mates at appropriate times • Lead others and act as a respectful team member. Evaluate and improve own performance.</p>						See below
	Athletics Guidance:						
	<p>ATHLETICS -Sprint over a short distance up to 60 metres. • Run over a longer distance, conserving energy in order to sustain performance. • Use a range of throwing techniques (such as under arm, over arm). • Throw with accuracy to hit a target or cover a distance. • Jump in a number of ways, using a run up where appropriate. • Compete with others and aim to improve personal best performances.</p>						
	Gym			Stretching & Curling Val Sabin		Travelling (0) Val Sabin	
	<p>Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Refine movements into sequences. • Show changes of direction, speed and level during a performance. • Travel in a variety of ways, including flight, by transferring weight to generate power in movements. • Swing and hang from equipment safely (using hands). Evaluate and improve own performance</p>						
	Swimming & Dance	Swimming	Swimming		Diwali		The Human Engine Val Sabin
<p>Swim 25 metres unaided. • Use more than one stroke and coordinate breathing as appropriate for the stroke being used. • Coordinate leg and arm movements. • Swim at the surface and below the water.</p>			<p>Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Refine movements into sequences. • Create dances and movements that convey a definite idea. • Change speed and levels within a performance. • Develop physical strength and suppleness by practising moves and stretching. Evaluate and improve own performance</p>				