



Year 3 PE KNOWLEDGE Subject Map



Invasion (Rugby) Fundamentals	Fundamentals (Multi-skills) Dodgeball (Target Games)	Dance Gymnastics	Cricket (Striking and fielding) Ball skills	Net and Wall Outdoor Adventurous Activities	Athletics Fitness
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DRIVER WORDS				
Early Years	Year 1	Year 2	Year 3	Year 4
Develop, Revise , Refine	Travel, Copy, Move, Run, Jump, Balance	Link movements, Perform sequences, Combine skills	Change speed effectively, Travel fluently, Keep pos-session, Maintain pace, Throw/Kick accurately	Plan, Show improvement

	KNOWLEDGE		KNOWLEDGE
ATHLETICS	<p>K1. Running: understand that leaning slightly forwards helps to increase speed.</p> <p>K2. Leaning my body in the opposite direction to travel helps to slow down.</p> <p>K3. Jumping: know that if I jump and land in quick succession, the momentum will help me to jump further.</p> <p>K4. Throwing: understand that the speed of the movement helps to create power.</p> <p>K5. Rules: know the rules of the event and begin to apply them.</p>	BALL SKILLS	<p>K6. Sending: know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately.</p> <p>K7. Catching: know to move my feet to the ball.</p> <p>K8. Tracking: know that using a ready position will help me to react to the ball.</p> <p>K9. Dribbling: know that dribbling is an attacking skill used in games which helps us to move towards a goal or away from defenders.</p>
DANCE	<p>K10. Actions: understand that sharing ideas with others enables my group to work collaboratively and try ideas before deciding on the best actions for our dance.</p> <p>K11. Dynamics: understand that all actions can be performed differently to help to show effect.</p> <p>K12. Space: understand that I can use space to help my dance to flow.</p> <p>K13. Relationships: understand that 'formation' means the same in dance as in other activities such as football, rugby and gymnastics.</p> <p>K14. Performance: understand that I can use timing techniques such as canon and unison to create effect.</p> <p>K15. Strategy: know that if I show sensitivity to the music, my performance will look more complete.</p>	FITNESS	<p>K17. Agility: understand how agility helps us with everyday tasks.</p> <p>K18. Balance: understand how balance helps us with everyday tasks.</p> <p>K19. Co-ordination: understand how co-ordination helps us with everyday tasks.</p> <p>K20. Speed: understand that leaning slightly forwards helps to increase speed.</p> <p>K21. Leaning my body in the opposite direction to travel helps to slow down.</p> <p>K22. Strength: know that when completing strength activities they need to be performed slowly and with control to help me to stay safe.</p> <p>K23. Stamina: understand how stamina helps us in other life activities.</p>
FUNDAMENTALS	<p>K24. Running: understand that leaning slightly forwards helps to increase speed (acceleration).</p> <p>K25. Leaning my body in the opposite direction to travel helps to slow down (deceleration).</p> <p>K26. Balancing: understand how balance helps us with everyday tasks.</p> <p>K27. Jumping and hopping: know that if I jump and land in quick succession, momentum will help me to jump further.</p> <p>K28. Skipping: understand that I should turn the rope from my wrists with wide hands to create a gap to step through.</p>	GYMNASTIC	<p>K29. Shapes: understand how to use body tension to make my shapes look better.</p> <p>K30. Balances: understand that I can make my balances look interesting by using different levels.</p> <p>K31. Rolls: understand the safety considerations when performing more difficult rolls.</p> <p>K32. Jumps: understand that I can change the take off and shape of my jumps to make them look interesting.</p> <p>K33. Strategy: know that if I use different levels it will help to make my sequence look interesting.</p>
INVASION	<p>K34. Sending & receiving: know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately.</p> <p>K35. Dribbling: know that dribbling is an attacking skill which helps us to move towards a goal or away from defenders.</p> <p>K36. Space: know that by spreading out as a team we move the defenders away from each other.</p> <p>K37. Attacking and defending: know my role as an attacker and defender.</p> <p>K38. Tactics: know that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession.</p> <p>K39. Rules: know the rules of the game and begin to apply them</p>	NET AND WALL	<p>K40. Shots: know that pointing the racket face/my hand where I want the ball to go and turning my body will help me to hit accurately.</p> <p>K41. Rallying: know that hitting towards my partner will help them to return the ball easier and keep the rally going.</p> <p>K42. Footwork: know that moving to the middle of my court will enable me to cover the most space.</p> <p>K43. Tactics: know that using simple tactics will help to achieve an outcome e.g. if we spread out, we can cover more space.</p> <p>K44. Rules: know the rules of the game and begin to apply them.</p>
OUTDOOR ADVENTUROUS ACTIVITIES	<p>K45. Problem solving: know that trying ideas before deciding on a solution will help us to come up with the best idea.</p> <p>K46. Navigational skills: know to hold the map so that the items on the map match up to the items that have been placed out.</p> <p>K47. Communication: know to take turns when giving ideas and not to interrupt each other.</p> <p>K48. Reflection: reflect on when and why I am successful at solving challenges.</p> <p>K49. Rules: know that using the rules honestly will help to keep myself and others safe.</p>	STRIKING AND FIELDING	<p>K50. Striking: know that striking to space away from fielders will help me to score.</p> <p>K51. Fielding: know to look at where a batter is before deciding what to do. Know to communicate with teammates before throwing them a ball.</p> <p>K52. Throwing: know that overarm throwing is used for long distances and underarm throwing for shorter distances.</p> <p>K53. Catching: know to move my feet to the ball.</p> <p>K54. Tactics: know that using simple tactics will help my team to achieve an outcome e.g. we will spread out to deny space.</p> <p>K55. Rules: know the rules of the game and begin to apply them.</p>
TARGET GAMES	<p>K56. Throwing: know to throw slightly ahead of a moving target.</p> <p>K57. Catching (dodgeball): know that beginning in a ready position will help me to react to the ball.</p> <p>K58. Striking: know that using a bigger swing will give me more power.</p> <p>K59. Tactics: know that using simple tactics will help my team to achieve an outcome e.g. spread out so that we are harder to aim for.</p> <p>K60. Rules: know the rules of the game and begin to apply them.</p>		



Year 3 PE SKILLS Subject Map



	SKILLS		SKILLS
ATHLETICS	<p>S1. Running: develop the sprinting technique and apply it to relay events.</p> <p>S2. Jumping: develop technique when jumping for distance in a range of approaches and take off positions.</p> <p>S3. Throwing: explore the technique for a pull throw.</p>	BALL SKILLS	<p>S4. Sending: send a ball with accuracy and increasing consistency to a target.</p> <p>S5. Catching: catch a range of objects with increasing consistency.</p> <p>S6. Tracking: track a ball not sent directly.</p> <p>S7. Dribbling: dribble a ball with hands and feet with control.</p>
DANCE	<p>S8. Actions: create actions in response to a stimulus individually and in groups.</p> <p>S9. Dynamics: use dynamics effectively to express an idea.</p> <p>S10. Space: use direction to transition between formations.</p> <p>S11. Relationships: develop an understanding of formations.</p> <p>S12. Performance: perform short, self-choreographed phrases showing an awareness of timing.</p>	FITNESS	<p>S13. Agility: show balance when changing direction.</p> <p>S14. Balance: explore more complex activities which challenge balance.</p> <p>S15. Co-ordination: co-ordinate my body with increased consistency in a variety of activities.</p> <p>S16. Speed: explore sprinting technique.</p> <p>S17. Strength: explore building strength in different muscle groups.</p> <p>S18. Stamina: explore using my breath to increase my ability to work for longer periods of time.</p>
FUNDAMENTALS	<p>S19. Running: change direction. Show an increase and decrease in speed.</p> <p>S20. Balancing: demonstrate balance when performing other fundamental skills.</p> <p>S21. Jumping and hopping: link jumping and hopping actions.</p> <p>S22. Skipping: jump and turn a skipping rope</p>	GYMNASTIC	<p>S23. Shapes: explore matching and contrasting shapes.</p> <p>S24. Balances: explore point and patch balances and transition smoothly into and out of them.</p> <p>S25. Rolls: develop the straight, barrel, and forward roll.</p> <p>S26. Jumps: develop stepping into shape jumps with control.</p>
INVASION	<p>S27. Sending & receiving : explore s&r abiding by the rules of the game.</p> <p>S28. Dribbling: explore dribbling the ball abiding by the rules of the game under some pressure.</p> <p>S29. Space: develop using space as a team.</p> <p>S30. Attacking: develop movement skills to lose a defender.</p> <p>S31. Explore shooting actions in a range of invasion games.</p> <p>S32. Defending: develop tracking opponents to limit their scoring opportunities.</p>	NET AND WALL	<p>S33. Shots: explore returning a ball using shots such as the forehand and backhand.</p> <p>S34. Rallying: explore rallying using a forehand.</p> <p>S35. Footwork: consistently use and return to the ready position in between shots.</p>
OUTDOOR ADVENTUROUS ACTIVITIES	<p>S36. Problem solving: discuss how to follow trails and solve problems.</p> <p>S37. Work with others to select appropriate equipment for the task.</p> <p>S38. Navigational skills: identify where I am on a simple map.</p> <p>S39. Use and begin to create simple maps and diagrams and follow a trail.</p> <p>S40. Communication: follow and give instructions and accept other peoples' ideas.</p>	STRIKING AND FIELDING	<p>S41. Striking: begin to strike a bowled ball after a bounce with different equipment.</p> <p>S42. Fielding: explore bowling to a target and fielding skills to include a two-handed pick up.</p> <p>S43. Throwing: use overarm and underarm throwing in game situations.</p> <p>S44. Catching: catch with some consistency in game situations.</p>
TARGET GAMES	<p>S45. Throwing: explore throwing at a moving target.</p> <p>S46. Catching (dodgeball): begin to catch whilst on the move.</p> <p>S47. Striking: begin to strike a ball with accuracy and balance.</p>	STRETCH AND MOVEMENT	

PE VOCABULARY

accelerate, attack, balance, catch, communicate, control, co-ordination, decelerate, defend, dribble, exercise, fielding, fine motor, fitness, flexibility, footwork, games, gross motor, health, healthy, heart rate, hop, jump, movement, move, participate, perform, rules, running, roll, sending, shape, skill, skip, space, speed, stamina, strength, striking, tactics, team, teamwork, throw, tracking, transition, travel