



St. Mark's Primary School P.E. Learning Journey – Year 3



Athletics (Summer 2)

In this unit we will focus on developing good basic running, jumping and throwing techniques. We will set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.



Net and Wall (Summer 1)

In this unit we will learn how to use the skills we learned in Year 1 and 2 to make the game difficult for our opponents. We will learn how to direct the ball towards the target area and away from our opponent.

We will start to use balls that move more quickly and bounce higher and faster, including *short tennis*, or *mini-badminton*, and we will use the throwing and catching skills we learn in *eg netball, basketball*.



Dance (Autumn 2)

In this unit we will perform dances, focusing on creating, adapting and linking a range of dance actions. These are inspired by a variety of subjects, including some traditional, social and/or historical dances. They work with a partner and in small groups.

We will continue to work on our own, with a partner and in small groups, developing our ability to create, perform and appreciate dance, with a focus on pathways, patterns and shapes.



Gymnastics (Autumn 1)

In this unit we will focus on improving the quality of their movement, eg by stretching fingers and pointing toes, to help them produce tension and extension. We will plan and perform sequences of contrasting actions, and develop flow by linking actions smoothly and planning variations in speed.

We will refine and combine our agilities and actions to answer set movement tasks, and will work with a partner on the floor and using apparatus, choosing and adapting actions to match the challenges set.



Striking and Fielding (Spring 2)

In this unit we will learn how to hit or strike the ball into spaces, so that we can score runs in different ways. When fielding, we will learn how to work together to keep the batters' scores down. We will consider the tactics we may need to outwit the opposition, trying to deceive or avoid fielders, so that we can run between wickets or around bases to score runs. When fielding, we will try to prevent runs or points being scored.



Invasion Games (Spring 1)

In this unit we will learn how to outwit our opponents and score when playing invasion games. We will develop skills in finding and using space to keep the ball, and play court games with and rules, using a range of equipment and skills.

We will improve our accuracy and consistency, and will learn new invasion game techniques that we can use to outwit our opponents.

We will begin to warm up independently and say why warm-ups and cool-downs are important.



Your Year 3
P.E journey
starts HERE

Autumn
Term

Spring
Term

Summer
Term

