Year 3 PE – Learning Journey

Summer

<u>Golf</u>

- Grip and aim
- Striking and controlling with accuracy

<u>Tennis</u>

- Controlling an implement
- Understanding attacking principles in a net sport

<u>Athletics</u>

- Sprinting technique
- How to throw a javelin
- Triple jump

Tag Rugby

- Passing and moving to create space
- Develop tagging and

defence

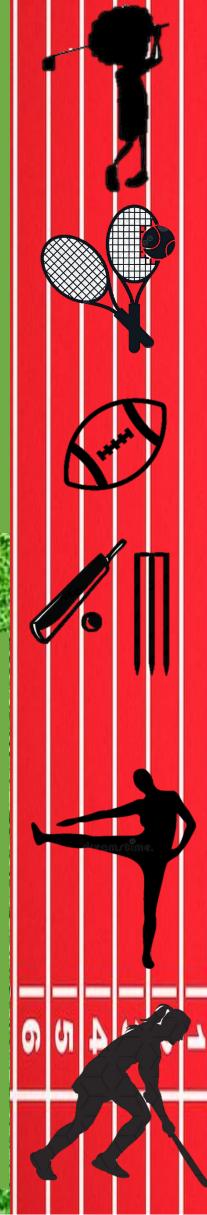
Autumn

<u>Netball</u>

- Develop moving and passing skills.
- Where to pass to.
- What throwing pass to use.

<u>Gymnastics-</u>Symmetry & Asymmetry

- Create sequences
- Movement and travel
- Linking movements
- Dance- Wild Animals
- Exploring expression
- Sequence of movements
- Choreography <u>Hockey</u>
- Attack, defence and possession.
- Dribble and pass to each other.





Spring

- <u>Dodgeball</u>
 <u>Dodging</u> t
- Dodging, throwing and catching
- Throwing over arm
 <u>Handball</u>
- Passing and moving
- Shoulder pass

Keep possession
 <u>Cricket</u>

- Use fielding skills
- Batting skills
- Throwing and catching

<u>Outdoor Adventure</u> <u>Activities :</u> Problem Solving

- Teamwork
- Collaboration and communication