

Year 3 PE – Learning Journey

Summer

Golf

- Grip and aim
- Striking and controlling with accuracy

Tennis

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

Athletics

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

Tag Rugby

- Passing and moving to create space
- Develop tagging and defence



Autumn

Gymnastics- Symmetry & Asymmetry

- Create sequences
- Movement and travel
- Linking movements

Netball

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

Dance- Wild Animals

- Exploring expression
- Sequence of movements
- Choreography

Hockey

- Attack, defence and possession.
- Dribble and pass to each other.

Spring

Dodgeball

- Dodging, throwing and catching
- Throwing over arm

Handball

- Passing and moving
- Shoulder pass
- Keep possession

Cricket

- Use fielding skills
- Batting skills
- Throwing and catching

Outdoor Adventure

Activities : Problem

Solving

- Teamwork
- Collaboration and communication