

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



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