



# LEAS PARK JUNIOR SCHOOL - Curriculum Progression Map

**Year Group: 3**

**Subject: PE**

Unit Curriculum Strand	Autumn: Football (1) / Dance (2)	Spring: Hockey (3) / Gymnastics (4)	Summer: Cricket (5) / Athletics (6) / Swimming (7)
<b>Key Skills</b>	<p>Children can...</p> <ul style="list-style-type: none"> <li>Follow basic instructions and work co-operatively with each other and in a team. (1-7)</li> <li>Recognise changes in body temperature, heart rate and breathing and begin to understand the long term health benefits of physical activity, both mentally and physically. (1-7)</li> <li>Begin to throw (overarm and underarm) and catch in different ways (high, low, fast or slow). (5,6)</li> <li>Throw a variety of objects, changing the action for accuracy and distance. (5,6)</li> <li>Run at fast, medium and slow speeds. (1,3,5,6)</li> </ul> <p>Children know...</p> <ul style="list-style-type: none"> <li>The positive effects of exercise on the body and mind (also covered in the PSHE curriculum - healthy eating week). (1-7)</li> </ul>		
<b>Flexibility Strength Technique Control Balance</b>	<p>Children can...</p> <ul style="list-style-type: none"> <li>Begin to improvise with a partner to create a simple Extreme Earth dance from different stimuli (natural disasters, tsunamis, tornadoes, volcanic eruptions). (2)</li> <li>Link combinations of actions, including changes of direction, movements, shapes, balances, speed or level. (2,4)</li> <li>Explore and copy basic body actions and rhythms. (2,4)</li> <li>Use one and two feet to take off and land with, showing an understanding of landing safely. (2,4,6)</li> <li>Move with coordination, control and care and create interesting body shapes while holding balances with control and confidence. (2)</li> <li>Use turns and a range of jumps in their sequences (half turn off bench, cat leap, straight, tuck, pike and star) whilst travelling in a variety of ways (hopping, skipping, jogging). (2,4)</li> </ul> <p>Children know...</p> <ul style="list-style-type: none"> <li>The meaning of simple dance vocabulary (rhythm, expression, unison, canon). (2)</li> <li>The importance of and how to move equipment safely within the school hall. (2,4,6)</li> </ul>		
<b>Games (outdoor activity)</b>	<p>Children can...</p> <ul style="list-style-type: none"> <li>Demonstrate hitting and striking skills using the correct batting/hitting technique and use it in a game. (1,3,5,)</li> <li>Develop a safe underarm and overarm bowl and begin to bowl a ball towards a target. (5,6)</li> <li>Move and pass the ball with some control, both in drills and within a game. (1,3,5)</li> <li>Understand their role as an attacker or defender and use simple fielding, attacking and defending skills in a game. (1,3,5)</li> </ul> <p>Children know...</p> <ul style="list-style-type: none"> <li>The basic principles and rules of invasion games and apply them fairly in a game situation. (1,3,5)</li> </ul>		
<b>Performance and Analysis</b>	<p>Children can...</p> <ul style="list-style-type: none"> <li>Give peer feedback and show some awareness of comparing their work with others and therefore improve it. (2,4,6)</li> <li>Compete against self and others and compare this to previous performances (record in athletics log). (6)</li> <li>Watch and describe the effectiveness of a performance/game and explain how their performance has improved over time. (1-7)</li> </ul> <p>Children know...</p> <ul style="list-style-type: none"> <li>The importance of teacher, self and peer feedback and evaluation in order to improve. (1-7)</li> </ul>		
<b>Swimming</b>	<p>Children can...</p> <ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres. (7)</li> </ul>		

- Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke). (7)
- Perform safe self-rescue in different water-based situations. (7)

Children know...

- The importance of self-rescue and being able to swim confidently and competently. (7)
- How to stay safe at the pool. (7)