



Ready,
Respectful,
Safe

Year 3 PE Overview

Cathcart Street Primary School 2024-2025

	Autumn	Spring	Summer
PE- Year 3	KS2 NC Objectives Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] Compare their performances with previous ones and demonstrate improvement to achieve their personal best		
	<p style="text-align: center;">Rugby (sending and receiving)</p> <p>Physical outcomes-</p> <ul style="list-style-type: none"> To hold a rugby ball with the correct technique. To pass a rugby ball using the correct technique when stationary and moving. To be able to pass a rugby ball in both directions. <p>Thinking outcomes-</p> <ul style="list-style-type: none"> To explain why the correct method of holding the ball is the most efficient. To explain why we use the passing technique. To explore ways of getting round a defender. 	<p style="text-align: center;">Gymnastics-</p> <p>Physical outcomes-</p> <p>To develop and consolidate the use of lying and standing shapes.</p> <ul style="list-style-type: none"> To develop a high-quality of movement when performing a range of jumping and rolling movements. To link and move between different balances, showing control. <p>Thinking outcomes-</p> <p>To compare different performances and comment on similarities.</p> <ul style="list-style-type: none"> To watch a range of performances and comment on which they like best and why, using gymnastics related vocab. To make simple suggestions to help improve a performance. 	<p style="text-align: center;">Athletics</p> <p>Physical outcomes-</p> <ul style="list-style-type: none"> To perform jumps with the correct technique. To use the correct sprinting technique. To overarm throw for distance. To adapt running technique over varying distances. <p>Thinking outcomes-</p> <ul style="list-style-type: none"> To evaluate the technique of a partner in relation to key teaching points. To evaluate performance of myself and others.

	<ul style="list-style-type: none"> • To be able to make decisions on the best side to pass a rugby ball from. <p>Social and emotional outcomes-</p> <ul style="list-style-type: none"> • To identify potential dangers around using PE and decide on key rules to keep us safe. • To identify how they can keep themselves safe in a PE lesson. • To identify my role in keeping other people safe in a PE lesson. • To identify my role in keeping other people safe in a PE lesson. <p>Healthy active lifestyle outcomes-</p> <ul style="list-style-type: none"> • To compare and comment on heart rates when resting and during activity. • To know why heart rate, breathing rate and temperature change during exercise. • To understand which parts of the body are particularly important for a given activity. <p>Netball (keeping possession)</p> <p>Physical outcomes-</p> <ul style="list-style-type: none"> • To develop the three most common types of pass (chest, bounce, overhead) and begin to link these with movement. 	<p>Social and emotional outcomes-</p> <ul style="list-style-type: none"> •To demonstrate the ability to collaborate and communicate well within a team or group when creating a sequence of shapes. To be able to give advice and support to help others improve their travelling skills within gymnastics. •To be able to tell someone else what they have done well in relation to a task. <p>Healthy active lifestyle outcomes-</p> <p>To think about how being inspired makes them feel and to think how it can help them to improve their performance.</p> <ul style="list-style-type: none"> •To understand why improving strength and flexibility will help improve their performance. •To work safely and effectively on their own and with a partner. <p>Cricket (linking actions)</p> <p>Physical outcomes-</p> <ul style="list-style-type: none"> • To use an underarm throw with control, accuracy and fluency and beginning to link this with other movements. • To be able to field accurately. • To strike a ball with control using the correct stance. <p>Thinking outcomes-</p>	<ul style="list-style-type: none"> • To analyse the differences in technique between sprinting and long distance running. <p>Social and emotional outcomes-</p> <ul style="list-style-type: none"> • To discuss how to ensure a throwing activity is completed safely. • To communicate with a partner to provide feedback. • To be able to give good advice and feedback when given criteria to look for. <p>Healthy active lifestyle outcomes-</p> <ul style="list-style-type: none"> • To understand the impact physical activity has on the body. • To understand what happens to my body when performing explosive exercises. • To understand the differences in sprinting and long-distance running have on the body.
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	<ul style="list-style-type: none"> • To use agility and speed to help your team keep possession. • To create space to help keep possession of the ball. <p>Thinking outcomes-</p> <ul style="list-style-type: none"> • To begin to understand the best methods of keeping possession. • To judge when to use a certain type of pass. • To develop simple tactics to keep possession. <p>Social and emotional outcomes-</p> <ul style="list-style-type: none"> • To demonstrate good communication with your teammates. • To use communication skills to improve their performance. • To demonstrate resilience when challenged. <p>Healthy active lifestyle outcomes-</p> <ul style="list-style-type: none"> • To know what the term agility means and why it is needed in games. • To know what the term speed means and why it is needed in games. • To know what the term stamina means and why it is needed in games. 	<ul style="list-style-type: none"> • To make appropriate decisions when throwing and catching. • To use signals to communicate with their team members. • To explain which passes should be used in which situation. <p>Social and emotional outcomes-</p> <ul style="list-style-type: none"> • To be able to compare their performance to other people's. • To give possible reasons why something did not go well. • To understand the difference between critical thinking and being unkind. <p>Healthy active lifestyle outcomes-</p> <ul style="list-style-type: none"> • To understand how a warm up is used to prepare the body for exercise. • To know when the body is cool, warm, hot and to know what the terms heart rate , breathing rate and temperature control mean. 	
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Vocabulary	<p>Target, positioning, accuracy, grip.</p> <p>Chest/bounce/overhead pass, target, positioning, possession, defending</p>	<p>Balance, forward roll, straddle, pike, tuck, rocking, sequence, inspiration.</p> <p>Target, positioning, accuracy, overarm, stance</p>	<p>Cardiovascular, sprinting, determination, inspiration, landing, perseverance</p>
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