



Federation of St. Cuthbert's and St. Sebastian's Catholic Primary Schools



PE PROGRESSION MAP

Year 3			
	AUTUMN TERM	SPRING TERM	SUMMER TERM
	Games (Ball Handling Skills) Indoor Athletics Gymnastics (Stretching, Curling & Arching)	Games (Net, Court & Wall) Gymnastics (Symmetry and Asymmetry) Dance	Games (Striking & Fielding) Outdoor Athletics Dance
Domain	Progression Statement		
Gymnastics	<ul style="list-style-type: none"> Travel showing a range of stretched, curled and arched shapes and join together two or more contrasting actions Demonstrate stretched, arched and curled balances on different body parts showing an understanding of high, medium and low positions Identify and perform matching shapes with a partner, facing each other, one behind the other, side by side or passing over a partner Compose a short sequence with a partner demonstrating an understanding of levels, directions and speeds and be able to identify what adaptations are required to enhance overall performance Link the above to apparatus 	<ul style="list-style-type: none"> Know what symmetry and asymmetry mean and demonstrate symmetrical and asymmetrical balances on different body parts Travel, jump and roll or spin showing symmetrical and asymmetrical shapes Understand and know how to link smoothly, travelling, jumping, turning and balancing movements and begin to analyse the work of others Perform a simple matching sequence side by side with a partner to show symmetrical / asymmetrical shapes Link the above to apparatus 	
Dance		<ul style="list-style-type: none"> Respond imaginatively to a strong stimuli Display clarity of body shape, extension, balance and footwork Demonstrate the ability to choose the movement which reflect the dance idea Create and link dance phrases using a simple movement pattern Describe and evaluate how they may improve performance 	<ul style="list-style-type: none"> Show appropriate dynamic qualities to express the dance idea Perform with a sense of phrasing, rhythmically and musically Create and structure a whole, simple dance Observe others and describe and interpret what they see using appropriate language

<p>Games</p>	<ul style="list-style-type: none"> • Accurately pass and receive a range of balls in different ways with hands eg. Chest pass, bounce pass, shoulder pass • Demonstrate control when dribbling, passing and receiving with feet or stick • Signal for the ball and pass and receive in sequential order • Pass and receive on the move and signal for the ball to retain possession and show progression • Explain why their team succeeded in these activities • Play with confidence in various small games formations 	<ul style="list-style-type: none"> • To consolidate and improve the quality and consistency of their hitting skills. • To develop the range of skills used. • To select and use a range of simple tactics. • To adapt, make and keep to the rules for net games. 	<ul style="list-style-type: none"> • Strike a ball with confidence and control and direct it accurately into a simple target area • Receive the ball from one direction and throw / strike it away in another direction • Understand and identify good striking and fielding techniques • Make judgements about how best to intercept a ball travelling towards, to one side, or beyond the fielder • Combine skills to play effectively in a small sides striking / fielding games and use simple attacking and defending tactics • Understand and demonstrate the roles of a bowler, striker, fielder, backstop / wicket keeper
<p>Indoor Athletics</p>	<ul style="list-style-type: none"> • Run at fast, medium and slow speeds and be able to change speed and direction • Create their own patterns and link jumping activities with some fluency, control and consistency • Confidently take part in a range of relay activities • Throw a range of objects / equipment • Understand that they can change their method of throwing to be more accurate or throw further distances • Recognise when their heart rate, breathing and temperature have changed with activity 		
<p>Outdoor Athletics</p>			<ul style="list-style-type: none"> • Run consistently and smoothly over different distances • Demonstrate different combinations of jumps • Throw a range of implements consistently and accurately • Recognise there are different styles of running, jumping and throwing and that they need to choose the appropriate for the situation • Understand about pacing their activity • Carry out mobility and warm up activities safely • Observe and describe specific aspects of running, jumping and throwing styles

Year group long-term overview (with statutory requirements) and subject progression map (above) to be used together to inform medium term planning.