



PHYSICAL EDUCATION Y3 PROGRESSION MAP

AUTUMN TERM	SPRING TERM	SUMMER TERM
Progression Statement		
FUNDAMENTALS <ul style="list-style-type: none"> Physical: balancing, running, hopping, jumping, dodging, skipping Social: supporting and encouraging others, respect, communication, taking turns Emotional: challenging myself, perseverance, honesty Thinking: selecting and applying skills, observing others and providing feedback, identifying strengths and areas for development 	GYMNASTICS <ul style="list-style-type: none"> Physical: individual point and patch balances, straight roll, barrel roll, forward roll, straight jump, tuck jump, star jump, rhythmic gymnastics Social: collaboration, communication, respect Emotional: confidence Thinking: observing and providing feedback, selecting and applying actions, evaluating and improving 	ATHLETICS <ul style="list-style-type: none"> Physical: sprinting, jumping for distance, push and pull throwing for distance Social: working collaboratively, working safely Emotional: perseverance, determination Thinking: observing and providing feedback
MINDFUL MOVEMENT <ul style="list-style-type: none"> Physical: balancing, running, hopping, jumping, dodging, skipping Social: supporting and encouraging others, respect, communication, taking turns Emotional: challenging myself, perseverance, honesty Thinking: selecting and applying skills, observing others and providing feedback, identifying strengths and areas for development 	DANCE <ul style="list-style-type: none"> Physical: using canon, unison, formation, dynamics, pathways, direction, copying and performing actions, control, balance Social: sharing ideas, respect, inclusion of others, leadership, working safely Emotional: confidence, acceptance Thinking: selecting and applying actions, creating, observing and providing feedback 	
OAA <ul style="list-style-type: none"> Physical: Physical: balance, running Social: communication, teamwork, trust, inclusion, listening Emotional: confidence Thinking: planning, map reading, decision making, problem solving 	GAMES (BALL SKILLS): <ul style="list-style-type: none"> Physical: tracking a ball, throwing, catching, dribbling Social: supporting others, co-operation, communication, managing games Emotional: perseverance, honesty, respect, challenging self Thinking: decision making, developing tactics, creativity 	STRIKING & FIELDING GAMES (CRICKET) <ul style="list-style-type: none"> Physical: underarm and overarm throwing, catching, over and underarm bowling, fielding and tracking a ball, batting Social: collaboration and communication, respect Emotional: perseverance, honesty Thinking: observing and providing feedback, applying strategies

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