



Whitegate CE Primary School
 "Trusting in God; Growing in Wisdom"

Whitegate C of E Primary School – Physical Education

Year Three Progressive Statement

Curriculum Requirements

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

	Games and athletics Netball, football, hockey, tennis, athletics, cricket/rounders	Dance	Gymnastics
Year Three	<ul style="list-style-type: none"> • Throw and catch various balls with control. • Follow rules of games and play fairly. • Maintain possession of ball. • Pass to team mates when appropriate. • Sprint over a short distance up to 60m • Use a range of throwing techniques (under and over arm) • Compete against others and improve personal best performances. • Uphold spirit of fair play and respect in all competitive situations. 	<ul style="list-style-type: none"> • Refine movement into sequences • Change speed and level within performance • Develop suppleness through stretching. 	<ul style="list-style-type: none"> • Climb ropes, ladders and equipment safely. • Jump from higher equipment safely. • Refine movements into sequences. • Show changes of direction, speed and level during performances. • Swing or hang from equipment safely using hands.
Swimming	By the end of Key Stage 2: swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations		