
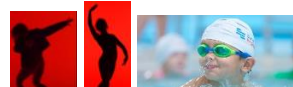






Physical Education			Year 3		
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
 <p><b>Multi Skills / Swimming:</b></p>	 <p><b>Dance / Swimming:</b></p>	 <p><b>Gymnastics / Swimming:</b></p>	 <p><b>Benchball / Swimming:</b></p>	 <p><b>Athletics / Swimming:</b></p>	 <p><b>Roulers / Swimming:</b></p>
<p><b>Multi skills:</b> LI: To demonstrate a range of FUNdamental movement skills to travel across the floor. LI: To develop ability to maintain balance when stationary and on the move. LI: To demonstrate the ability to move with a variety of different balls effectively. LI: To demonstrate the ability to aim a ball effectively at a variety of different targets. LI: To demonstrate the ability to strike a ball effectively using a variety of different equipment. LI: To demonstrate the ability to evade objects that are coming towards them. <b>Swimming</b></p>	<p><b>Dance – Natural disasters:</b> LI: To improvise and create movements with a partner. LI: To create and perform imaginative movements to fit with different stimuli. LI: To develop new actions whilst working in a small group. LI: To show awareness of others when moving. LI: To work with a partner to create and perform a dance to show feelings and emotions. LI: To work in a group to link actions to create a dance montage. LI: To perform dances using a range of movement patterns. <b>Swimming</b></p>	<p><b>Gymnastics:</b> LI: To explore a wide range of balances, jumps, travels and other movements. LI: To explore basic rolls and different ways of travelling. LI: To balance on large parts of your body. LI: To use complementary and contrasting shapes when balancing. LI: To suggest improvements to a sequence and to adapt a sequence by changing level, direction, speed and order. LI: To create shapes and sequences using apparatus to balance and travel. LI: To link simple movements together to create a sequence. <b>Swimming</b></p>	<p><b>Benchball:</b> LI: To understand the rules of benchball and demonstrate throwing and catching skills. LI: To develop an ability to throw in a variety of ways using a variety of different balls and equipment. LI: To develop the ability to throw balls over defenders. LI: To understand the rules of Kingball. LI: To dribble effectively within a competitive situation. LI: To throw and catch over short distances with increasing accuracy. LI: To apply skills and techniques to a competitive game situation. <b>Swimming</b></p>	<p><b>Athletics:</b> LI: To identify current level of performance in athletics. LI: To develop the ability to run quickly and use a stopwatch effectively. LI: To pace yourself when running over long distances to finish quicker in the race. LI: To develop the ability to perform a triple jump and understand the importance of momentum. LI: To develop an ability to throw over larger distances and measure the object thrown. LI: To identify current levels of performance in athletics and compare to the beginning. <b>Swimming</b></p>	<p><b>Roulers:</b> LI: To develop the ability to throw objects underarm effectively. LI: To develop the ability to throw objects overarm effectively. LI: To catch objects thrown or hit from a variety of distances. LI: To hit the ball with power and accuracy. LI: To understand the rules and tactics relevant to effective game play in roulers. LI: To apply techniques, skills and tactics to a competitive situation. <b>Swimming</b></p>