

St. Joseph's Catholic Primary School

PE Medium Term Plan Y3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Netball Football	Handball Dance	Gymnastics Fitness	Warrington Wolves Swimming	Athletics Swimming	OAA Swimming
	I am beginning to use simple tactics. I am learning the rules of the game and am beginning to use them honestly. I can communicate with my team and move into space to support them. I can defend an opponent and try to win the ball. I can pass, receive and shoot the ball with some control. I can provide feedback using key words. I understand my role as an attacker and as a	I am learning the rules of the game and am beginning to use them honestly. I can defend an opponent to slow them down. I can find space away from others and near to my goal. I can provide feedback using key words. I can throw, catch and shoot the ball with some control. I understand my role both as a defender and as an attacker. I work co-operatively with my group to self	I can adapt sequences to suit different types of apparatus. I can choose actions that flow well into one another. I can complete actions with increasing balance and control. I can provide feedback using key words. I can use matching and contrasting actions in a partner sequence. I use a greater number of my own ideas for movements in response to a	Rugby (external agency) •Grip and Carry – Fundamental movement skills, technique, control, and balance. •Catch and Pass – Throwing and catching in isolation and in combination. •Play the Ball and Try Scoring - Fundamental movement skills, technique, control, and balance. •Tag/Tackle – basic principles for attacking and defending. •Modified Games	I am developing jumping for distance. I can identify when I was successful. I can take part in a relay activity, remembering when to run and what to do. I can throw a variety of objects, changing my action for accuracy and distance. I can use different take off and landings when jumping. I can use key points to help me to improve my sprinting technique. I can	To develop co-operation and teamwork skills. To develop trust and teamwork. To involve all team members to work towards a shared goal. To develop trust whilst listening to others and following instructions. To identify objects, draw and follow a simple map. To draw a route using directions, orientate a map and navigate around a grid.

	defender. I work cooperatively with my group to self-manage games.	manage games.	task. With help, I can recognise how performances could be improved.	– Playing competitive games and applying principles suitable for attacking and defending.	work with a partner and in a small group, sharing ideas. I show determination to achieve my personal best.	
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	I can catch different sized objects with increasing consistency with two hands. I can persevere when learning a new skill. I can provide feedback using key words. I can show a variety of throwing techniques. I can throw with accuracy and increasing consistency to a target. I can track the path of a ball that is not sent directly to me	I am respectful of others when watching them perform. I can provide feedback using key words. I can repeat, remember and perform a dance phrase. I can use counts to keep in time with a partner and group. I can use dynamic and expressive qualities in relation to an idea. I can work with a partner and in a small group, sharing ideas. I create short dance phrases that	To understand how balance helps us in everyday life. To understand how co-ordination helps us in everyday life. To understand how strength helps us in everyday life. To understand how speed helps us in everyday life. To understand how agility helps us in everyday life. To understand how stamina helps us in everyday life	•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.	•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.	•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.
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