


PE Skills Document – Year 3

TERM OF COVERAGE  SKILLS ↓	Autumn Term	Spring Term	Summer Term
Team Games Create own games, adapting the rules as required. Emerging knowledge of warmups and cool downs. Apply basic principles suitable for attacking and defending			
Throwing/Catching/Striking a Ball Keep control of ball-based equipment e.g. a hockey stick. Work effectively as part of a team. Chest pass, Kick			
Tactics Choose tactics to cause problems for an opposition.			
Dance Compare, develop and adapt movements and motifs to create movement patterns. Create/perform a sequence of movements, showing good balance/body tone.			
Athletics Skills Demonstrate a range of throwing techniques e.g. under and over arm throw. Use accuracy and power to throw. Perform a range of jumps, sometimes with run ups. Sprint run, Skip, Sidestep			
Gymnastics Skills Vary height and speed in a sequence of gymnastic movements. Balance on one foot Forward roll Climb			
Swimming Swim between 10 and 20 metres unaided, using basic stroke and developing confidence under water. Move in and around water confidently and competently, exploring ways of swimming above and below water.			
Development Recognises strengths in PE and identifies areas for improvement. Compare their performance with previous ones and demonstrate improvement to achieve their personal best.			