

<b>Year 3 Aims</b>	<b>Examples of topics which could be used to meet this criteria</b>
<b>Acquiring and developing skills</b>	
<p>Games: can travel while bouncing a large ball showing control.</p> <p>Can use a bat or hockey stick to dribble a small ball</p>	<p>Multi skills - throwing and catching Tennis skills</p> <p>Introduction to Invasion Games</p>
<p>Athletics: show control in running, jumping and target throwing activities through multi skills</p> <p>Outdoor and Adventurous: develop problem solving skills in the outdoors</p>	<p>Multi skills towards athletics- team games with running, jumping and distance throwing Introduction to Cross Country</p> <p>Residential</p>
<p>Gym: can use the apparatus frame with imagination and confidence</p> <p>Be able to skip using an individual or long rope</p>	<p>Exploring Movement -lifting fee high and frame</p> <p>Fit for Life - Skipping</p>
<p>Dance: improvises freely , individually and with a partner</p> <p>can translate ideas from a stimulus into movement</p>	<p>Interpretive Dance - North American Indian Animal dancing</p> <p>Interpretive Dance - North American Indian Animal dancing Popular Dance - Maypole and country dance</p>
<b>Selecting and applying skills, tactics and compositional ideas</b>	
<p>Games : in pairs make up a simple ball game with clear rules</p> <p>Take part in a ball game with given simple rules</p>	<p>Multi skills - throwing and catching Tennis skills</p> <p>Introduction to striking and fielding Introduction to Benchball</p>
<p>Gym: plan and perform a sequence showing contrasts in shapes, levels and direction with attempts at extension and precision</p>	<p>Developing Skills -Badge 7-6 skills</p>
<p>Dance: Apply basic compositional ideas to create dance phrases with a partner and in a small group</p>	<p>Popular Dance - Maypole and country dance</p>
<b>Evaluating and improving performance</b>	
<p>Can reflect on their own performance and that of others and make simple suggestions to improve them</p>	<p>Interpretive Dance - North American Indian Animal dancing Developing Skills -Badge 7-6 skills</p>
<b>Knowledge and understanding of fitness, health and wellbeing</b>	
<p>Dress appropriately for different aspects of PE.</p> <p>Suggest some warm up ideas.</p> <p>Recognise changes in body temperature, heart rate and breathing and understand how this is linked to exercise.</p> <p>Can work in a responsible and safe manner.</p> <p>Fit for Life - Recognise that exercise is good for your body and makes you feel good (mental health).</p>	<p>Contrasting topics such as swimming, dance, gym and games.</p> <p>Especially Aerobic Fitness, cross country</p> <p>Especially Aerobic Fitness, cross country, yoga and meditation</p> <p>Especially gymnastics - moving mats, benches, planks and frames, skipping, Athletics throwing, swimming</p> <p>Especially fit for life topics - running, yoga, fitness, games</p>