



# Year 3 PE and games curriculum



Autumn		Spring		Summer	
<u>Hockey</u> <ul style="list-style-type: none"> <li>I can dribble the ball with some control holding the stick correctly.</li> <li>I can push pass and receive the ball with some control</li> <li>I can pass and receive a ball with some control when moving</li> <li>I can attempt to tackle a player using the right side of my stick</li> <li>I can hit a stationary ball into a goal with some success</li> <li>I can play and accept the rules; competing fairly, being gracious in victory and defeat most of the time</li> </ul>	<u>Football</u> <ul style="list-style-type: none"> <li>I can stop a ball using both the sole and inside of my feet</li> <li>I can pass a ball using the inside of my feet</li> <li>I can dribble the ball using both feet and attempt a turn.</li> <li>I can make a standing tackle 1v1</li> <li>I can kick a stationary ball past a goalkeeper with some success</li> <li>I can play and accept the rules; competing fairly, being gracious in victory and defeat some of the time</li> </ul>	<u>Gymnastics</u> <ul style="list-style-type: none"> <li>I can perform Rocket jump with 1/4 turn showing some control and body tension</li> <li>I can perform a Teddy Bear roll with some control</li> <li>I can perform a matching and mirroring balance with control</li> <li>I can perform controlled bunny hops lifting my legs with control, height and pointed toes</li> <li>I can bunny hop onto apparatus with control</li> <li>I can perform a sequence showing good body tension, control and pointed toes</li> </ul>	<u>Tag Rugby</u> <ul style="list-style-type: none"> <li>I can tag another player when moving</li> <li>I can move with control in a variety of directions with the ball in my hands using the correct handling position</li> <li>I can pass a ball backwards or sideways with some control and accuracy</li> <li>I can pass a ball backwards or sideways with some control and accuracy when moving</li> <li>I can sometimes avoid a defender to score a try</li> <li>I can play and embrace the rules, inspiring others with my fair play and I am always gracious in victory and defeat</li> </ul>	<u>Athletics</u> <ul style="list-style-type: none"> <li>I can use my arms to help me run and keep my head still and look forward</li> <li>I can sometimes stand in the correct stance while holding the javelin/vortex</li> <li>I can perform a hop, step and jump with some control</li> <li>I can run over an obstacle/hurdle with speed</li> <li>I can push a tennis ball/netball/basketball while standing in the correct stance</li> <li>I can pass a relay baton with some control</li> </ul>	<u>Tennis</u> <ul style="list-style-type: none"> <li>I can move with balance and control when catching a ball</li> <li>I can control a ball on my racket when moving</li> <li>I can hit a ball using a forehand with some control</li> <li>I can hit a ball using a backhand with control</li> <li>I can hit a ball into a target with no bounces before hit</li> <li>I can rally when playing 1v1</li> </ul>