



# Whitegate Physical Education Curriculum

## Year Three

### ‘Enjoy Achieving Together’

**Statutory requirements: Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequencing of movements. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.**

Statutory requirements	Games/Athletics	Dance	Gymnastics	Athletics	Swimming	Outdoor and adventurous activities
Year Three	<ul style="list-style-type: none"> <li>• Throw and catch various balls with control</li> <li>• Throw and catch various</li> </ul>	<ul style="list-style-type: none"> <li>• Refine movement into sequences</li> <li>• Change speed and level within performance</li> <li>• Develop suppleness</li> </ul>	<ul style="list-style-type: none"> <li>• Climb ropes, ladders, equipment safely</li> <li>• Jump from higher equipment safely</li> </ul>	<ul style="list-style-type: none"> <li>• Sprint over a short distance up to 60m</li> <li>• Use a range of throwing</li> </ul>	<ul style="list-style-type: none"> <li>• Swim unaided up to 25m</li> <li>• Use one basic stroke</li> </ul>	

	<p>balls with control</p> <ul style="list-style-type: none"> <li>• Follow rules of games and play fairly</li> <li>• Maintain possession of a ball (feet when dribbling, stick in hockey, hands in netball)</li> <li>• Pass to team mates when appropriate (tag rugby)</li> </ul>	<p>through stretching</p>	<ul style="list-style-type: none"> <li>• Refine movements into sequences</li> <li>• Show changes of direction, speed and level during performances</li> <li>• Swing or hand from equipment safely using hands</li> </ul>	<p>techniques (overarm, underarm)</p> <ul style="list-style-type: none"> <li>• Compete with others</li> <li>• Improve personal best performances</li> </ul>	<ul style="list-style-type: none"> <li>• Control leg and arm movements</li> </ul>	
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