



Progression of Knowledge in P.E. – Year 3

Invasion Games

- Know 3 passing techniques – chest, shoulder, bounce
- Know and explain the rules of **Zone ball** – ball passed between team of 5 into a coned 'zone' where ball must be caught without bouncing. Opposing team of 5 try to intercept and then attack into their 'zone'.
- Explain the meaning of the terms attack and defend
- Understand they cannot move with the ball
- Know the basic principles of warming up
- Explain and demonstrate appropriate activities for warm ups
- Understand how the muscles work and how they develop through the different activities they are doing
- Evaluate and explain how teams/children can improve their performance

Gymnastics

- Explain and describe the terms: balance, travel, roll, jump.
- Explain and describe the term 'sequence' and 'routine' and describe how this is achieved
- Know a variety of ways to travel using different levels and speeds
- Know different jumps and rolls – tuck, pike, straddle, pencil, star/ forward, teddy, pencil, egg
- Know the importance of suppleness and strength
- Understand and describe why warm up is necessary and the effects of it on the body
- Evaluate and explain how routines could be improved

Dance

- Know some movements which can be used to create simple routines
- Understand the term 'unison', 'canon' 'mirroring'
- Sequence movements with rhythmic, dynamic and expressive quality
- Know and describe the effects of exercise and how some makes their body feel warmer
- Know some stretches suitable to warm up before dance
- Describe how they might improve their dance

Athletics

- Know athletics is split into jumping, running and throwing activities and name some of the events – long jump, sprints, distance, javelin, shot and discus
- Explain how pace is useful to judge how fast to go in sprints or distance
- Understand there is a difference between jumping long and jumping high
- Explain how jumping can be done in different combinations – 1 foot to 1 foot, 1 foot to 2 feet, 2 feet to 1 foot, 2 feet to 2 feet etc
- Know how different throwing actions make distance throwing easier – underarm, overarm, left handed, right handed
- Understand how different athletic activities makes their body feel – hotter, faster heart beat etc
- Describe what others have done and have ideas how it can be improved

Striking and Fielding

- Know and describe the terms 'batting', 'fielding', 'bowling' for game of **cricket**
- Know how to hold a cricket bat correctly
- Know how to stand in front of stumps and hit ball defensively or attackingly
- Know how to throw overarm and underarm passes with a tennis ball
- Know the 'long barrier' fielding technique
- Understand the rules of simple cricket games – diamond cricket, - 4 stumps making diamond shape, 1 team bats and other fields, teacher bowls. Batters line up and wait turn as 4 batters stand in front of wickets. Fielders and wicket keepers take position around playing area. Teacher bawls to any stumps and all batters run anticlockwise to next stump whether ball is hit or not. Batter can be caught or bowled out. Batter must be back at stumps quickly as bowler can bowl as soon as ball is returned.
- Understand and know appropriate warm up activities
- Evaluate performances and identify how they can be improved