

Year 3 PE Curriculum Overview

Key facts

Children will learn to -

- Balance and control throughout
- Fluent, smooth movements
- Performing movements in both directions/on both sides

Prior Knowledge

Children have previously worked on balance and coordination skills in Year 2.

Autumn 1 – Personal: Coordination and Static Balance

Key Vocabulary

Balance, Challenge, Control
Movement, Direction

Brief summary/ overview

Children will learn to become more resilient with challenges developing their coordination footwork and developing their static balance on one leg.
By the end of the half term children will be able to persevere with a task and improve my performance through regular practice.

Resources

Balls
Cones
Benches
Pathways

Cross curricular links/visits

Maths – Movement and directions