**Year 3 - Physical Education Curriculum Overview 2024 – 2025**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **YR****3** | **Autumn 1 (7weeks)** | **Autumn 2 (8)** | **Spring 1(5)** | **Spring 2 (6)** | **Summer 1 (6)** | **Summer 2 (7)** |
| **Content** | * **Invasion Games: Football**
 | * **Gymnastics**
 | * **Dance**
 | * **Net & Wall Games**
 | * **Athletics**
 | * **Striking and Fielding**
 |
| **Key new knowledge** | - Dribbling with control - Basic passing in football and rugby - Defensive positioning | - Creating movement sequences - Performing rolls, jumps, and balances - Synchronization with partners | - Creating dance sequences with partners - Using expression in dance - Developing rhythm and timing | - Forehand and backhand strokes - Moving into position to return a ball - Serving and rallying | - Sprinting and pacing for longer distances - Throwing for accuracy and distance - Jumping with correct technique | - Batting technique - Fielding skills (catching, throwing) - Basic tactics for batting and fielding |
| **Assessments** |  |  |  |  |  |  |