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

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| **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** |  |  |  |  |  |  |