

Physical Education

Curriculum End Points



Year 3

Unit: Games Sense Invasion

- Pupils will develop their passing and moving skills to outwit their opponents and keep possession of the ball.
- Pupils will apply an understanding of where, when and why we pass and move, in order to score points against another team.
- Pupils will develop life skills such as respect and cooperation as they collaborate with others including their opponents.
- Pupils will apply their skills with developing confidence as they grow in their ability to show integrity and self-motivation.

Unit: Health and Wellbeing – Mindfulness

- Pupils will develop their ability apply different relaxation techniques. Pupils will be able to execute a variety of meditative balances correctly.
- Pupils will understand what relaxation means as well as understanding why meditative balances can benefit the mind and body.
- Pupils will effectively apply life skills such as cooperation as they collaborate with others and support each other to develop their mindfulness techniques.
- Pupils will develop their ability to stay focused when using various mindfulness techniques as they strive to improve their performances showing integrity.

Unit: Gymnastics – Symmetry & Asymmetry

- Pupils will execute 'excellent' balances and movements in both symmetrical and asymmetrical ways. Pupils will be able to link these movements and balances together.
- Pupils will develop life skills such as resourcefulness and evaluation as they create their sequences in pairs, making any adaptations when necessary.
- Pupils will collaborate showing cooperation skills with their partner as they work together to create sequences and share apparatus space with others.
- Pupils will develop their resilience and ability to remain self-motivated as they strive to improve their sequences even when they find it hard.

Unit: Dodgeball

- Pupils will develop their dodging, throwing and catching skills to outwit their opponents and win the game.
- Pupils will apply an understanding of where, when and why we dodge, throw and catch, in order to beat an opponent.
- Pupils will develop life skills such as respect and cooperation as they collaborate with others including their opponents.
- Pupils will apply their skills with developing confidence as they grow in their ability to show integrity and take responsibility leading others.

Unit: Netball

- Pupils will develop their passing and moving skills to outwit their opponents and keep possession of the ball.
- Pupils will apply an understanding of where, when and why we pass and move, in order to score points against another team.
- Pupils will develop life skills such as respect and communication as they collaborate with others including their opponents.
- Pupils will apply their skills with developing confidence as they grow in their ability to show resilience and determination.

Unit: Outdoor Adventure Activities – Problem Solving

- Pupils will work within a team to complete the different problem-solving challenges successfully.
- Pupils will apply an understanding of what makes an effective team and understand how important their role is within the team.
- Pupils will develop life skills such as respect and communication as they collaborate with their team members to successfully complete the challenges.
- Pupils will develop their ability to remain positive and try their best in every challenge. They will begin to show leadership attributes.

Unit: Athletics – Running

- Pupils will develop their ability to run and jump as fast/far as possible with the correct techniques and throw for distance exploring the most effective technique.
- Pupils will apply an understanding of how to use the correct technique for running fast, jumping far and throwing for distance and why it is so important.
- Pupils will develop life skills such as cooperation and encouragement as they collaborate with others and support each other to develop their techniques.
- Pupils will apply their skills with developing confidence as they grow in their ability to show integrity and determination.

Unit: Athletics – Throwing & Jumping

- Pupils will develop their ability to run and jump as fast/far as possible with the correct techniques and throw for distance exploring the most effective technique.
- Pupils will apply an understanding of how to use the correct technique for running fast, jumping far and throwing for distance and why it is so important.
- Pupils will develop life skills such as cooperation and encouragement as they collaborate with others and support each other to develop their techniques.
- Pupils will apply their skills with developing confidence as they grow in their ability to show integrity and determination.

Unit: Dance – Wild Animals

- Pupils will ensure that their movements are big and clear, they will perform with expression and emotion as they tell a story.
- Pupils will understand what makes an 'excellent dance'. Pupils will apply creativity as they try a range of movement options.
- Pupils can apply life skills such as cooperation and encouragement as they work successfully with their partner/group to execute their sequences.
- Pupils will strive to ensure their sequences are performed precisely and accurately showing self-motivation to want to improve.

Unit: Football

- Pupils will develop their passing and moving and dribbling skills to outwit their opponents and keep possession of the ball.
- Pupils will apply an understanding of where, when and why we pass, move and dribble in order to score points against another team.
- Pupils will develop life skills such as respect and communication as they collaborate with others including their opponents.
- Pupils will apply their skills while developing confidence as they grow in their ability to show resilience and self-motivation.

Unit: Rounders

- Pupils will develop their ability to keep the batter's score as low as possible by applying accurate throwing, catching and retrieving skills
- Pupils will apply an understanding of the concept of batting and fielding, utilising the correct fielding skills in order to stop the batters.
- Pupils will develop life skills such as respect and cooperation as they collaborate effectively with others including their opponents.
- Pupils will apply their skills with developing confidence as they grow in their ability to show self-motivation and determination.

Unit: Athletics

- Pupils will develop their ability to run and jump as fast/far as possible with the correct techniques and throw for distance exploring the most effective technique.
- Pupils will apply an understanding of how to use the correct technique for running fast, jumping far and throwing for distance and why it is so important.
- Pupils will develop life skills such as cooperation and encouragement as they collaborate with others and support each other to develop their techniques.
- Pupils will apply their skills with developing confidence as they grow in their ability to show integrity and determination.