



Year 3 PE Learning Ladders



| Year 3 | Areas of Study- |
|---------------------------------------|--|
| <p>Movement</p> | <p>Move in a variety of ways in and out cones and obstacles. Jump with both feet leaving the group Hop Stop on command Sprint Run Skip without a rope Jump for height Skip with a rope Gallop Side gallop Jump for distance <i>Jump from side to side</i> <i>Run at speed moving through obstacles</i></p> |
| <p>Technique, control and balance</p> | <p><i>Perform a basic forward, shoulder, and egg roll</i> <i>Bounce a large ball on the spot with consistency</i></p> |

| | |
|--|--|
| <p>Agility and coordination</p> | <p>Be able to throw and catch a small sized ball accurately Dribble a medium sized ball in and out of a set of obstacles. Hit a ball with some accuracy using a racket or bat Throw a beanbag into a given target</p> |
| <p>Movement patterns</p> | <p>Discuss rhythm and be able to move to a beat Create and perform a short sequence linking basic actions (cannon, levels) with a clear beginning, middle and end. Provide feedback to others in order to improve</p> |
| <p>Competitive team games</p> | <p>Be able to participate in a game with an opposing side Play as part of a team Cooperate with team mates Work as a team in order to score goals Control a ball accurately Use both hands and feet in order to control a ball. Develop simple tactics for attacking and defending Succeed and excel (in competitive sport) and other physically demanding activities. Attempt to beat a personal best</p> |
| <p>Knowledge and understanding of fitness and health</p> | <p>Be able to give reasons for warming up safely and understand why physical activity is good for health</p> |