

## PE Key Skills Y3

Area	Key Skill
<b>Games</b>	<ul style="list-style-type: none"> <li>• Throw and catch with control when under limited pressure to keep possession and score goals</li> <li>• Choose and use a range of simple tactics for defending and challenging their opponent for striking, fielding and net games</li> <li>• Use simple rules fairly and extend them to devise their own games</li> <li>• Identify that playing extended games improves their stamina</li> <li>• Recognise good performances in themselves and others and use what they have learned to improve their own work</li> <li>• Know and describe the effects of different exercise activities on the body and how to improve stamina</li> <li>• Begin to understand the importance of warming up</li> </ul>
<b>Dance</b>	<ul style="list-style-type: none"> <li>• Can improvise freely on their own or with a partner</li> <li>• Can translate ideas into a dance</li> <li>• Can create and link phrases using a simple dance structure</li> <li>• Can perform dances with an awareness of rhythm on their own or in a group</li> </ul>
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Perform combinations of gymnastic actions using floor, mats and apparatus</li> <li>• Develop gymnastic techniques and transitions</li> <li>• Adapt a gymnastic sequence to include different levels, speeds or directions</li> <li>• Recognise that strength and suppleness are important parts of fitness</li> <li>• Compare and comment on two performances, identifying quality and when they have the same elements and order</li> </ul>
<b>Outdoor Adventure</b>	<ul style="list-style-type: none"> <li>• Use more detailed plans and diagrams that take them from familiar to less familiar areas</li> <li>• Use ideas they have learned in one task and apply them in another</li> <li>• Recognise and describe the different physical demands of the tasks and challenges</li> <li>• Describe and evaluate their own and others' performances, and identify areas that need improving</li> </ul>
<b>Athletics</b>	<ul style="list-style-type: none"> <li>• Select running speed for appropriate activity</li> <li>• Make up and repeat a short sequence of linked jumps</li> <li>• Throw a variety of objects, changing their action for accuracy and distance</li> <li>• Take part in relay activities remembering when to run and what to do</li> <li>• Recognise when their body is warmer or cooler and when their heart beats faster and slower</li> <li>• Recognise good performances in themselves and others to improve their own</li> </ul>