

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic Title	Health Related Fitness	Dance	Gymnastics	Games	Athletics	Athletics and games
Year 3	PE	<p>L.O. To develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <ul style="list-style-type: none"> - Use different techniques, speeds and effort to meet challenges set for running, jumping and throwing. - Recognise and describe what their bodies feel like during different types of activity. - Describe what happens to their heart, breathing and temperature during different types of athletic activity. 	<p>L.O. To develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <ul style="list-style-type: none"> - Plan, perform and repeat sequences. - Move in a clear, fluent and expressive manner. - Refine movements into sequences. - Show changes of direction, speed and level during a performance. - Travel in a variety of ways, including flight, by transferring weight to generate power in movements. 	<p>L.O. To develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <ul style="list-style-type: none"> - Throw and catch with control and accuracy. - Strike a ball and field with control. - Choose appropriate tactics to cause problems for the opposition. - Follow the rules of the game and play fairly. • Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). - Pass to team mates at appropriate times. - Lead others and act as a respectful team member. 	<p>L.O. To develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <ul style="list-style-type: none"> - Choose skills and equipment to meet the challenges they are set. E.g by increasing the distance thrown. -Use different techniques, speeds and effort to meet challenges set for running, jumping and throwing. - Recognise and describe what their bodies feel like during different types of activity. - Describe what happens to their heart, breathing and temperature during different types of athletic activity. 	<p>L.O. To develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <ul style="list-style-type: none"> - Arrive properly equipped for outdoor and adventurous activity. - Understand the need to show accomplishment in managing risks. - Show an ability to both lead and form part of a team.