Beaconsfield Primary School Curriculum Overview

Subject:	PE	Year Group:	Year 3

Autumn 1	Autumn 1	Autumn 2
Unit: Football	Unit: Dance	Unit: Netball
Key Skills: • Explore sending and receiving, abiding by the rules of the game. • Explore dribbling the ball abiding by the rules of the game under some pressure. • Developing movement skills to lose a defender. Explore shooting actions in a range of invasion games. • Track opponents to limit their scoring opportunities. • Develop moving with a ball towards goal with some control.	Key Skills: • Create actions in response to a stimulus individually and in groups. • Use dynamics effectively to express an idea. • Use directions to transition between formations. • Develop an understanding of formations. • Perform short, self-choreographed phrases showing and awareness of timing.	Key Skills: • Send a ball with accuracy and increasing consistency to a target. • Catch a range of objects with increasing consistency. • Track a ball not sent directly. • Dribble a ball with hands and feet with control.
Autumn 2	**Spring 1**	**Spring 1**
Unit: Gymnastics	Unit: OAA	Unit: Fitness
Key Skills: • Explore matching and contrasting shapes. • Explore point and patch balances and transition smoothly into and out of them. • Develop the straight, barrel, and forward roll.	Key Skills: • Can plan and implement strategies to solve problems. • Developing map reading skills. • Can follow and give instructions and are accepting of other peoples' ideas. • Can reflect on when and why they were successful at solving challenges.	Key Skills: • Show balance when changing direction. • Explore more complex activities which challenge balance. • Can coordinate their bodies with increased consistency in a variety of activities.

• Develop stepping into shape jumps with control.		• Explore sprinting technique. • Explore building strength in different muscle groups. • Explore using their breath to increase their ability to work for longer periods of time.
Spring 2	Spring 2	Summer 1
Unit: Tennis	Unit: Dance	Unit: Swimming
Key Skills: • Explore returning a ball using focus shots such as the forehand and backhand. • Explore serving from an underarm serve. • Explore rallying with a forehand. • Consistently use and return to the ready position in between shots.	Key Skills: • Create actions in response to a stimulus individually and in groups. • Use dynamics effectively to express an idea. • Use directions to transition between formations. • Develop an understanding of formations. • Perform short, self-choreographed phrases showing and awareness of timing.	Key Skills: • Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl. • Begin to explore front crawl breathing technique. • Explore techniques for personal survival to include survival strokes such as sculling and treading water.
Summer 1	Summer 2	Summer 2
Unit: Gymnastics	Unit: Swimming	Unit: Yoga
Key Skills: • Explore matching and contrasting shapes. • Explore point and patch balances and transition smoothly into and out of them. • Develop the straight, barrel, and forward roll. • Develop stepping into shape jumps	Key Skills: • Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl. • Begin to explore front crawl breathing technique. • Explore techniques for personal survival to include survival strokes	Key Skills: • Demonstrate increased control when in poses and explore control in paired poses. • Explore poses and movement in relation to their breath. • Explore arm balances with some control. • Develop their ability to stay still and

with control.	such as sculling and treading water.	keep their focus.