

Newton Hill Community School: Progression Documents



PE: Year Group: 3

Prior Learning Year 2	Year 3 Learning	Year 4 Future Learning	Vocabulary
<p><u>Invasion Games</u> Explore different ways of using a ball. Recognise the best ways to score points and stop points being scored. Play a variety of running and avoiding games, using different tactics to succeed. Participate in team games with an emphasis on keeping possession. Pass and receive a ball in different ways with increasing control.</p> <p><u>Multi-skills and Athletics</u> Develop balance, co-ordination and agility. Run, throw and jump with increased control and co-ordination. Take part in activities such as bat and ball relay, sprinting and standing long jump.</p> <p><u>Striking and Fielding</u> Pass and receive a ball in different ways with control and increased accuracy. Perform fielding techniques with increased control and accuracy.</p>	<p><u>Invasion Games</u> Practise passing to a partner using a number of different sending and receiving techniques. Improve accuracy of passes and use space effectively. Remain in control of ball when traveling. Use communication skills effectively. Play games that involve keeping possession and scoring in targets.</p> <p><u>Multi-skills and Athletics</u> Choose appropriate equipment to perform the challenges they are set. Use a range of different techniques, skills and effort to meet challenges set for running, jumping and throwing. Recognise and describe what their body feels like during different types of activity.</p> <p><u>Striking and Fielding</u> Consolidate and develop the range and consistency of their skills in striking and fielding games. Begin to throw and catch with more accuracy.</p> <p><u>Movement and Co-ordination</u> Practise and concentrate on quality of movement. Transfer weight smoothly from one part of the body to another. Copy a partner's sequence. Working alone and with partners, choose effective combinations to work in a sequence.</p>	<p><u>Invasion Games</u> Play games that involve keeping possession and scoring in targets. Plan ideas and tactics for invasion games. Know what rules are needed to keep a game fair. Evaluate how successful their tactics have been and know how to improve performances in future.</p> <p><u>Multi-skills and Athletics</u> Begin to learn about pacing and use their knowledge effectively over different-sized runs. Combine basic actions and form simple jump combinations. Throw at a target using an appropriate technique. Recognise and describe what their body feels like during different types of activity.</p> <p><u>Striking and Fielding</u> Choose and use a range of simple tactics and strategies. Keep, adapt and make rules for striking and fielding. Throw and catch a ball with more accuracy.</p> <p><u>Movement and Co-ordination</u> Create, perform and repeat sequences that include travel, body shapes and</p>	<p>Passing, moving, teamwork, balance, co-ordination, Personal Best, striking, fielding, invasion games, position, routine, fitness, accuracy, improvement, agility, resilience, stamina, ball skills, evaluate,</p>

<p>Hit a stationary ball with increasing confidence and accuracy.</p> <p><u>Movement and Co-ordination</u></p> <p>Respond to instructions and commands.</p> <p>Learn a variety of basic gym actions.</p> <p>Be still in different body shapes and balance.</p> <p>Show a clear starting and finishing position.</p> <p>Perform dance movements and simple routines using simple movement patterns.</p>		<p>balances.</p> <p>Include changes in dynamics.</p> <p>Work with a partner effectively.</p> <p>Compare and contrast different performances.</p>	
Common Misconceptions	Key Questions:	Famous People Links	
<ul style="list-style-type: none"> • Catching position • Co-ordination • Travelling with a ball • Incorrect technique for catching and throwing 	<ul style="list-style-type: none"> • How should we move? • How can we improve on our performance? • How do you live a healthy lifestyle? • Why is it important to be healthy? • How can we demonstrate teamwork? • 	<ul style="list-style-type: none"> • Mo Farah • Simone Biles • Harry Kane • Joe Root • Wakefield Trinity • Leeds United 	
Assessment Opportunities/Final Assessment			
<ul style="list-style-type: none"> • Continuous assessment (AFL / formative). • Competition performances. • Recordings of 'Personal Bests' during lessons and competitive events. 			

