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| **PE Skills**  *Expected by End of Year 3* |
| **GAMES**  *(including a range of Net & Wall, Invasion and Striking & Fielding)* |
| * Pupils can control and catch a ball whilst moving and can use attacking and defending skills with some success in a game situation. * Pupils know why rules are important to make a game safe and fair. * They will be able to recognise and talk about the good points in their own and other people’s performance and know why it is important to be fit and healthy. |
| **Gymnastics** |
| * Pupils can explore and repeat actions changing speed, direction and levels using space sensibly and safely. * They can construct basic sequences and perform with some control and accuracy on both the floor and apparatus. * Pupils can watch and describe basic actions using the correct language recognising when the body I relaxed or tensed and can carry and place apparatus safely with growing independence. |
| **Dance** |
| * Pupils can create movement phrase which involve dynamics, space and relationships using changes speed, direction, levels and pathways using space sensibly and safely. * They can perform with a partner with some control and accuracy that relate to the chosen stimuli or theme. * Pupils can watch and describe phrases using the correct language and know the changes that occur in their body during exercise. |
| **Outdoor and Adventurous Activities** |
| * Take part in outdoor and adventurous activity challenges individually |
| **Swimming** |
| * Swim competently, confidently and proficiently over a distance of 5 metres. |

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| **PE Assessment**  *Expected by End of Year 3* | | | | | |
| **GAMES***(including a range of Net & Wall, Invasion and Striking & Fielding)* | | | **Gymnastics** | | |
| * Pupils can control and catch a ball whilst moving and can use attacking and defending skills with some success in a game situation. * Pupils know why rules are important to make a game safe and fair. * They will be able to recognise and talk about the good points in their own and other people’s performance and know why it is important to be fit and healthy. | | | * Pupils can explore and repeat actions changing speed, direction and levels using space sensibly and safely. * They can construct basic sequences and perform with some control and accuracy on both the floor and apparatus. * Pupils can watch and describe basic actions using the correct language recognising when the body I relaxed or tensed and can carry and place apparatus safely with growing independence. | | |
| **Below Expectation** | **Above Expectation** | | **Below Expectation** | | **Above Expectation** |
| **Dance** | | | **Outdoor and Adventurous Activities** | | |
| * Pupils can create movement phrase which involve dynamics, space and relationships using changes speed, direction, levels and pathways using space sensibly and safely. * They can perform with a partner with some control and accuracy that relate to the chosen stimuli or theme. * Pupils can watch and describe phrases using the correct language and know the changes that occur in their body during exercise. | | | * Take part in outdoor and adventurous activity challenges individually | | |
| **Below Expectation** | | **Above Expectation** | **Below Expectation** | | **Above Expectation** |
| **Swimming** | | | | | |
| * Swim competently, confidently and proficiently over a distance of 5 metres. | | | | | |
| **Below Expectation** | | | | **Above Expectation** | |