

## **Year 3 - Physical Education**

### **Areas of Learning**

- Develop confidence and competence
- Athletics skills
- Competitive games
- Develop fitness skills
- Swimming and water safety
- Build on PE vocabulary

### **Approaches to learning**

- Practice and develop a broader range of skills
- Learn rules and regulations
- Actively participate in opposed situations
- Introduce decision making

### **Examples of learning**

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### **References**

*National curriculum in England: primary curriculum, DfE, 2015*

*[www.education.gov.uk/national-curriculum](http://www.education.gov.uk/national-curriculum)*