

PE and Games Age End Points - Year 3

Dance	Gymnastics	Athletics	Invasion					
			Football	Tag Rugby	Basketball	Netball	Hockey	Multi Skills
<ul style="list-style-type: none"> + copy simple steps / actions + recall simple steps / actions + perform a simple dance motif + dance to a beat 	<ul style="list-style-type: none"> + perform basic Gymnastic shapes (tuck/pike.etc) + attempt basic balances (stork/arabesque) + perform a dish and arch roll + create a link sequence of 3 gymnastic skills 	<ul style="list-style-type: none"> + run at full speed (Sprint) + run continuously (Endurance) + jump 2 feet to 2 feet (Long Jump) + perform an overarm throw with power 	<ul style="list-style-type: none"> + send and control using instep of foot + kick a ball hard towards a goal + dribble the ball with close control + show awareness of moving forward into space 	<ul style="list-style-type: none"> + put on tag belts and tags + run with the ball in 2 hands + reach and take a tag + attempt to evade a defender + stop after being tagged 	<ul style="list-style-type: none"> + catch a large ball 'showing 10' + pass the ball to a partner + pass the ball past a defender + dribble slowly maintaining possession 	<ul style="list-style-type: none"> + stop when in possession + shoot towards the net + move into a new space + attempt to defend the ball 	<ul style="list-style-type: none"> + show correct stick grip + dribble the ball keeping close control + use a long stick to control a pass + aim towards a goal 	<ul style="list-style-type: none"> + send and receive a ball + identify space + aim for a target + score points in a conditioned game + demonstrate ability to work with teammates
			<ul style="list-style-type: none"> + show awareness of invading space + look to position themselves away from defender 					
Striking & Fielding		Net / Wall		Outdoor & Adventurous Activities		Assessment	Coaching / Leadership	
Cricket	Rounders	Tennis	Badminton	<ul style="list-style-type: none"> + plan an initial idea to tackle a problem + work alone / with a partner / teammates to solve problems + make some use of verbal / non-verbal communication + follow simple orienteering instructions + show some determination to succeed at difficult challenges 		<ul style="list-style-type: none"> + recognise positives about a peer's technique + recognise positives about own technique 	<ul style="list-style-type: none"> + tries to help others who are struggling + reinforces SC and/or key teaching points to peers 	
<ul style="list-style-type: none"> + grip and hold the bat correctly + grip the ball correctly to bowl + make contact with bat and ball 	<ul style="list-style-type: none"> + grip and hold the bat correctly + show sideways batting stance + bowl underarm to a target 	<ul style="list-style-type: none"> + grip racket correctly + control ball on a racket + approach ball after 1 bounce 	<ul style="list-style-type: none"> + grip racket correctly + control shuttle on racket + approach shuttle before landing 					
<ul style="list-style-type: none"> + stop a rolling ball + catch a partner fed ball + throw towards a base / wicket 		<ul style="list-style-type: none"> + can hit from a self-fed + can serve + knows some court boundaries 						

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+ begin to use a long barrier				
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