



Physical Education Objectives Year 3

Y3	Gymnastics	develop flexibility, strength, technique, control and balance
Y3	Athletics	develop flexibility, strength, technique, control and balance
Y3	Athletics	use running, jumping, throwing and catching in isolation and in combination
Y3	Games	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Y3	Games	take part in outdoor and adventurous activity challenges both individually and within a team
Y3	Dance	perform dances using a range of movement patterns
Y3	PE	compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Y3	PE - Physical Me	1. Possesses good core strength to combine FUNdamental movements to develop efficient running styles.
Y3	PE - Physical Me	2. Can stop/catch a ball with control and can pass a ball using different pieces of equipment.
Y3	PE - Physical Me	3. Confidently changes speed and direction whilst running and applies this in conditioned games.
Y3	PE - Healthy Me	1. Works together safely when using equipment.
Y3	PE - Healthy Me	2. Starts to develop the cardio-vascular system to improve stamina.
Y3	PE - Healthy Me	3. Shows understanding with regard to how exercise, eating and sleeping can contribute to good health.
Y3	PE - Social Me	1. Communicates effectively with others.
Y3	PE - Social Me	2. Can take responsibility for their actions.
Y3	PE - Social Me	3. Can play fairly and follow a set of rules.
Y3	PE - Thinking Me	1. Can begin to suggest improvements and refinements.
Y3	PE - Thinking Me	2. Comments on the effect of exercise and how performance can be improved.

Y3	PE - Thinking Me	3. Starts to set personal targets for skill development.
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