



Y3 Skills Progression in PE – The complete Champions Sports, Health and Fitness Programme



Y3 - Sports	Skills covered	Y3-Fitness	Skills covered	Y3-Health	Skills covered
Multiskills	<ul style="list-style-type: none"> Change and maintain centre of balance Use and develop coordination while moving an object Demonstrate agility by being able to twist turn and change direction Demonstrate coordination moving with others in a game: matching speed 	Boot Camp	<ul style="list-style-type: none"> Explain what happens to heart rate during exercise. Understand and explain how to prepare the body for exercise and what fitness means complete an increasing range of activities showing, agility, stamina and increasing balance and coordination set fitness targets to improve on 	Body Parts and their functions	<ul style="list-style-type: none"> confidently name describe and compare body parts with describe with increasing detail, the structure and function of skeleton, muscles, brain, heart and lungs use real life scenarios to illustrate knowledge of body parts and how they link together
African Dance	<ul style="list-style-type: none"> develop dance steps with clarity and rhythm, using own ideas tell a story with gestures and step patterns with fluency count beats and change direction while dancing perform with rhythm and expression work cooperatively with a group 	Mighty Movers (running)	<ul style="list-style-type: none"> analyse own and others' running technique explain the value of a running circuit and its value on health work as a team in a running situation 	Healthy mind, emotions and goals	<ul style="list-style-type: none"> Recognise and label a variety of emotions. Consider emotions in specific situations and the reasons for these Consider when emotions need to be changed and how they can change their own feelings Explain why a goal is usually challenging and the importance of an achievable goal. Explain how to check progress towards a goal and plan next steps after achieving one
Groovy Gymnastics	<ul style="list-style-type: none"> Select and adapt actions to meet a task Explore jumping techniques demonstrating a safe stable landing. Link jumps with other gymnastic actions with control Work with a partner to create a gymnastic sequence that develops jumping skills. Choose appropriate actions to create gymnastic movements to music 	Skip to the beat	<ul style="list-style-type: none"> Further develop skipping moves with agility, balance, and control 	Hygiene, medicine and exercise	<ul style="list-style-type: none"> Identify what poor hygiene looks like Categorise germs into good and bad explain how to look after teeth and why this is important use the terms diagnosis and symptoms explain that medicine needs to be stored safely explain that exercise helps us physically and mentally, considering how they feel after exercise
Brilliant ball skills	<ul style="list-style-type: none"> use a range of catching and gathering skills with control choose the correct skills to meet a challenge master basic throwing and catching techniques throw and hit a ball in different ways use ball skills in a small-sided game: understanding rules and applying tactics 	Gymfit circuits	<ul style="list-style-type: none"> identify techniques to improve balance perform a range of skills with increased accuracy evaluate performance of specific moves within a circuit 	Body protectors and body changes	<ul style="list-style-type: none"> explain how our reflexes protect us suggest ways to look after our senses consider difficulties faced by people with impaired senses explain how wounds, bruises and bones heal Describe how the inner and outer body change over time Recognize own changes and predict further changes town body over time.



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<p>Throwing and catching (Fielding games)</p>	<ul style="list-style-type: none"> • Consolidate and develop a range of skills in striking and fielding • Know batting technique for cricket • know batting technique for rounders • throw accurately and catch with cushioned hands • retrieve ball effectively • use tactics and skills to play a game competitively and fairly 	<p>Cool Core</p>	<ul style="list-style-type: none"> • link core strength and agility activities and understand why they are important • use hula hooping to improve core strength and agility • Perform a circuit with accuracy, improving on scores 	<p>Relationships with others and opinions</p>	<ul style="list-style-type: none"> • Consider why people 'get on' and how to be a good friend • Suggest solutions to friendship challenges • Listen to advice • I can express my opinion and consider those of others • Understand the term persuasion
<p>Active athletics</p>	<ul style="list-style-type: none"> • Run at different speeds and different directions showing a good technique • Use legs as well as arms when throwing • Know how to perform a standing long jump • Know how to start a race • Know how to pass and receive a baton in relay 	<p>Fitness frenzy</p>	<ul style="list-style-type: none"> • Perform a sequence of moves at each station for 30 seconds with increased accuracy. 	<p>Diet and vitamins</p>	<ul style="list-style-type: none"> • List the five categories of the Eatwell plate, explaining which foods belong in each category • Consider the most appropriately sized meal for different situations and times • Identify the role and function of different vitamins • Describe nutritional value of foods • Explain how to stay safe in the sun