

Milestones**Physical Education – Year 3**

By the end of the year, pupils who have experienced the elements of the milestones will have a 'basic' understanding and level of skill. The majority will have an 'expected' understanding and level of skill. Whilst some will have a 'deep' understanding, knowledge and level of skill.

Dance	Basic:	Expected:	Deep:
Health and Fitness			
Recognise and describe the effects of exercise on the body.			
Know the importance of strength and flexibility for physical activity.			
Explain why it is important to warm up and cool down.			
Dance Skills			
Copy, repeat and remember a range of movements.			
Adapt movements to create a longer sequence.			
Begin to improvise individually and with a partner to create a simple dance.			
Create dances using a range of shapes, movements and dynamics.			
Perform with some awareness of rhythm and expression.			
Use some simple dance vocabulary to compare and improve work.			
Move in time to music.			
Perform			
Perform a sequence of movements to convey a theme.			
Perform learnt skills and movements with control and confidence.			
Evaluate			
Watch, describe and evaluate the effectiveness of a performance.			
Improve their own performance and describe how they have improved it.			

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Gymnastics	Basic:	Expected:	Deep:
Health and Fitness			
Describe how the body feels during and after different physical activities.			
Explain what they need to stay healthy.			
Carry and place equipment safely.			
Acquiring and Developing Skills in Gymnastics			
Practise and perform the Key Elements of gymnastics.			
Link actions to make a sequence.			
Travel in different ways, including rolling.			
Hold a still shape whilst balancing on different points of the body.			
Jump in a variety of ways and land with increasing control and balance.			
Climb onto and jump off equipment safely.			
Move with increasing control and care.			
KEY ELEMENTS – Rolling.... Roll in different ways with control and tension:			
Egg Roll			
Pencil Roll			
Dish Roll (showing tension through arch and back to dish)			
Teddy Bear Roll (complete circle)			
Rock-and-roll (from crouch and back up onto feet)			
Rock-and-roll (from shoulder stand)			
KEY ELEMENTS – Jumping and Vaulting.... Jump in different ways with control and tension:			
Straight Jump			
Star Jump			
Tuck Jump			
Half Turn Jump			
Squat jump onto low apparatus from floor.			

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Gymnastics	Basic:	Expected:	Deep:
Hurdle step - 1 foot to 2 feet to 2 feet using hoops on the floor.			
Straight and star Jump off low apparatus			
KEY ELEMENTS – Balancing..... Stretch and balance in different ways with control and tension.			
Perform a variety of standing balances making interesting shapes.			
Perform a variety of kneeling balances making interesting shapes.			
Perform a variety of balances on different large and small body parts (making interesting shapes).			
Front and back support.			
Balance on or against mid-level apparatus.			
Balance with a partner.			
Use balance as the beginning and end of a sequence.			
KEY ELEMENTS – Travelling..... Travel in different ways with control and tension.			
Tiptoe, step, jump, skip and hop. All of the above: forwards, backwards, sideways and whilst turning.			
Change direction whilst travelling.			
Travel forwards and sideways along low level apparatus.			
Use the following ways of travelling with fluency: Skipping Galloping Chassis steps			
Turn in a controlled manner.			
KEY ELEMENTS – Weight on hands..... Take weight on hands in different ways with control and tension.			
Bunny hop on floor; hops above shoulders.			
Bunny hop with hands on low apparatus.			
Bunny hop side to side on floor and apparatus.			
Bunny hop side to side on floor and apparatus.			
T-lever.			

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Gymnastics	Basic:	Expected:	Deep:
Performance			
Create, practise and perform a sequence of four of the key elements of gymnastics individually and with a partner on the floor.			
Create, practise and perform a sequence of gymnastics movements individually, using low level apparatus.			

Games	Basic	Expected	Deep
Health and Fitness			
Recognise and describe the effects of exercise on the body.			
Know the importance of strength and flexibility for physical activity.			
Explain why it is important to warm-up and cool-down.			
Striking and Hitting a ball			
Demonstrate successful hitting and striking skills.			
Develop a range of skills in striking (and fielding where appropriate).			
Practise the correct batting technique and use it in a game.			
Strike the ball for distance.			
Throwing and catching			
Throw and catch with greater control and accuracy.			
Practise the correct technique for catching a ball and use it in a game.			
Perform a range of catching and gathering skills with control.			
Catch with increasing control and accuracy.			
Throw a ball in different ways (e.g.high, low, fast or slow).			
Develop a safe and effective overarm bowl.			
Travelling with a ball			
Move with the ball in a variety of ways with some control.			
Use two different ways of moving with a ball in a game.			

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Passing a ball			
Pass the ball in two different ways in a game situation with some success.			
Possession			
Know how to keep and win back possession of the ball in a team game.			
Using Space			
Find a useful space and get into it to support teammates.			
Attacking and Defending			
Use simple attacking and defending skills in a game.			
Use fielding skills to stop a ball from travelling past them.			
Tactics and Rules			
Apply and follow rules fairly.			
Understand and begin to apply the basic principles of invasion games.			
Know how to play a striking and fielding game fairly.			
Compete/Perform			
Develop the quality of the actions in their performances.			
Perform learnt skills and techniques with control and confidence.			
Compete against self and others in a controlled manner.			
Evaluate			
Watch, describe and evaluate the effectiveness of a performance.			
Describe how their performance has improved over time.			

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Athletics	Basic:	Expected:	Deep:
Health and Fitness			
Recognise and describe the effects of exercise on the body.			
Know the importance of strength and flexibility for physical activity.			
Explain why it is important to warm up and cool down.			
Running			
Identify and demonstrate how different techniques can affect their performance.			
Focus on their arm and leg action to improve their sprinting technique.			
Begin to combine running with jumping over hurdles.			
Focus on trail leg and lead leg action when running over hurdles.			
Understand the importance of adjusting running pace to suit the distance being run.			
Jumping			
Use one and two feet to take off and to land with.			
Develop an effective take-off for the standing long jump.			
Develop an effective flight phase for the standing long jump.			
Land safely and with control.			
Throwing			
Throw with greater control and accuracy.			
Show increasing control in their overarm throw.			
Perform a push throw.			
Continue to develop techniques to throw for increased distance.			
Compete/Perform			
Perform learnt skills and techniques with control and confidence.			
Compete against self and others in a controlled manner			
Evaluate			
Watch, describe and evaluate the effectiveness of a performance.			
Describe how their performance has improved over time.			