

Physical Education Vision Map

Year 3 – Fitness

Crucial Knowledge	Intent
<ul style="list-style-type: none">• My heart is in my chest (<i>near my school badge</i>)• My heart pumps blood around my body• My heart pumps blood quicker when I exercise• Cross country is when I run on dirt or grass	<ul style="list-style-type: none">• Increasing heart rates• Finding my heartbeat• Improving my fitness• Cross country running

Year 3 – Team Building

Crucial Knowledge	Intent
<ul style="list-style-type: none">• A team is a group of people working together to win• Everyone in a team has a job• Team work means listening and sharing ideas to each person in my team	<ul style="list-style-type: none">• Working within a team• Jobs within a team• Helping my team members• Team work: listening, helping and sharing


Year 3 – Movement

Crucial Knowledge	Intent
<ul style="list-style-type: none">• Rhythm is a repeated move or sound• A beat is a steady sound like a ticking clock or heartbeat• Sequence means in an order• Gymnastics is when our body is strong whilst balancing.	<ul style="list-style-type: none">• Moving my body to a rhythm• Dance moves to a beat• Dance sequences• Gymnastics: making shapes with our body and using them for a roll, jump, balance• Gymnastic sequences whilst travelling

Year 3 – Attacking and defending

Crucial Knowledge	Intent
<ul style="list-style-type: none">• Tactics are a plan, of a way to do something better• Fair play means following the rules and treating everyone the same	<ul style="list-style-type: none">• Scoring• Tactics: better ways to attack• Tactics: better ways to defend• Fair play – following rules

Year 3 – Ball Skills

Crucial Knowledge	Intent
<ul style="list-style-type: none">• When I throw, the palm of my hand should face where I want the ball to go• The palm is the inside of the hand but not the fingers or thumb• Hands must be cupped to catch a ball  <ul style="list-style-type: none">• Cupped hands move apart to catch larger balls• Use the inside of the foot to pass a ball• Look at the target whilst aiming	<ul style="list-style-type: none">• Throwing and catching a ball with control (under and overarm)• Passing a ball with control• Aiming a ball towards a target• Aiming towards a target

Year 3 – Athletics

Crucial Knowledge	Intent
<ul style="list-style-type: none">• A relay is when members of a team take turns in running• The javelin must be thrown overarm• One leg goes first when jumping over a hurdle	<ul style="list-style-type: none">• Sprint and relay• Distance throwing: foam javelin• Jumping: from a run and mini hurdles

