

Physical Education Key Skills

Year 3

Competitive sports	Physical skills	Dance
Outdoor adventurous activities	Activities to develop flexibility, strength, control and balance	

Physical skills include: running, jumping, throwing, catching (separately or in context)

Supporting health and fitness	To know why it is important to warm up before exercise
	To understand that physical activity is part of a healthy life style
	To describe how my body feels during different activities
Physical competence	To use simple tactics to be more successful
	To use appropriate skills and actions
	To begin to perform with skill and control across familiar activities
	To practice new skills to improve
	To give feedback to others about their performance
	To talk about the differences between my own and others' performances
	To listen to advice about how to improve my performance
	To copy skills I have been shown
Personal skills	To follow rules in a game
	To act as a respectful team member
	To support others when needed
	To react positively when plans do not go well