



# Year 3 PE Objectives

## Gymnastics

- Understand and identify symmetry and asymmetry; analyse and say why a sequence is enjoyable to watch
- Move and balance showing specific planned shapes and variations in speed and level
- Create sequences contrasting in shape, speed and level
- Adapt and transfer work safely from floor to apparatus
- Construct sequences which use planned variations in speed, level and pathways

## Games

- Make up and play small-sided games
- Select and use appropriate equipment for games
- Describe and evaluate the effectiveness of performances
- Use bat/ball activity skills, improving quality and consistency of hitting
- Use accurate 'feeding' and throwing skills
- Recognise high barrier and low ground nets to encourage high/low hitting/throwing

## Dance

- Select and use skills and ideas with co-ordination and control
- Improvise freely with a partner, translating ideas from stimuli to movement; explore and develop new actions while working with a partner or a small group
- Show an imaginative response to different stimuli through their use of language and choice of movement
- Apply basic compositional ideas to create dances which convey feelings and emotions; perform short dances with expression
- Link actions to make dance phrases, working with partners/small groups