**Year 3 - Physical Education Curriculum Overview 2025/26**

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| **YR****3** | **Autumn 1 (7weeks)** | **Autumn 2 (8)** | **Spring 1(5)** | **Spring 2 (6)** | **Summer 1 (6)** | **Summer 2 (7)** |
| **Content** | **Invasion Games***(suggested activities)** Football
* Basketball
* Tag Rugby
* Netball
* Hockey
* Handball
 | **Net / Wall Games***(suggested activities)** Badminton
* Pickleball
* Tennis
 | **Movement Patterns***(suggested activities)** Gymnastics
* Dance
* Yoga
 | **Targeting Games***(suggested activities)** Golf
* Dodgeball
 | **Performance Skills***(suggested activities)** Track & Field
* Fitness
 | **Striking & Fielding***(suggested activities)** Rounders
* Cricket
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| **Key new knowledge** | Understanding how to dribble a ball while maintaining controlPassing a ball accurately over short distancesRecognising open spaces to support teammatesLearning the basic rules of invasion games | Holding the racket with the correct grip for controlStriking a ball or shuttlecock using a forehand motionPreparing for a shot by moving into positionUnderstanding and following the rules of net/wall games | Performing simple balances and movements with controlLinking two movements together smoothlyDemonstrating focus and awareness in basic yoga poses | Throwing objects with basic control at stationary targetsUnderstanding the rules and objectives of targeting gamesCatching or avoiding objects with basic awareness | Running with balance and posture over short distancesAttempting simple jumping techniques with balanced landingsPractising basic throwing actions for accuracy | Holding the bat correctly to strike a stationary ballPerforming underarm throws with basic controlCatching a ball thrown directly at them |
| **Assessments** |  |  |  |  |  |  |