**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 |
| **Key new knowledge** | Understanding how to dribble a ball while maintaining control  Passing a ball accurately over short distances  Recognising open spaces to support teammates  Learning the basic rules of invasion games | Holding the racket with the correct grip for control  Striking a ball or shuttlecock using a forehand motion  Preparing for a shot by moving into position  Understanding and following the rules of net/wall games | Performing simple balances and movements with control  Linking two movements together smoothly  Demonstrating focus and awareness in basic yoga poses | Throwing objects with basic control at stationary targets  Understanding the rules and objectives of targeting games  Catching or avoiding objects with basic awareness | Running with balance and posture over short distances  Attempting simple jumping techniques with balanced landings  Practising basic throwing actions for accuracy | Holding the bat correctly to strike a stationary ball  Performing underarm throws with basic control  Catching a ball thrown directly at them |
| **Assessments** |  |  |  |  |  |  |