



Grange Park Primary School Physical Education Journey

Year 3

Striking and Fielding

This unit will cover how to control the distance of the ball using both the putter and chipper for tri-golf. You will also understand where you need to stand to be safe when playing tri-golf.



Gymnastics

In gymnastics you will travel with change of front and change of direction.



#TeamGP



Try Your Best in Every Lesson

- Passion
- Respect
- Organised
- Unselfish
- Determination

Proud to Shine

School Competitions

Below are some examples of competitions available for our Year 3 children to compete in across the year:

- Cricket
- Athletics
- New Age Kurling
- Boccia
- Football
- Tri-Golf
- Cross Country



Dance

Continuing to learn different styles of dance and how to refine and improve dances adapting them to include use of rhythm and expression.



Athletics

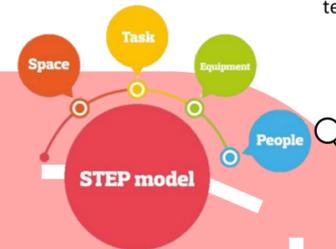
Your lessons will be covering the three disciplines of athletics: Throwing, Running and Jumping. You will develop an understanding of the basic technique required for each event.



Summer Term

Dance

You will be learning different styles of dance and how to refine and improve dances adapting them to include use of rhythm and expression.



Gymnastics

This unit you will be learning about pathways in gymnastics.



Gymnastics

You will be developing the basic components of Symmetry and asymmetry.



Spring Term

Net / Wall / Court Games

This unit will focus on striking a ball with control and accuracy and selecting the appropriate shot to use in different game situations.

Autumn Term

Games

This unit will focus on learning to accurately pass and receive a range of balls in different ways using your hands. You will also learn to pass and receive on the move and signal for the ball to retain possession and show progression down the pitch.



Gymnastics

You will be developing the basic components of stretching, curling and arching.



Your Year 3 Physical Education Journey starts here ...