



Warren Wood Progression Grid



PE Skills and Knowledge Expected by the End of Year Three	
Dance	Gymnastics
<ul style="list-style-type: none">• Copy remember and perform a dance phrase.• Create short dance phrases that communicate an idea.• Use canon, unison and formation to represent an idea.• Match dynamic and expressive qualities to a range of ideas.• Use counts to keep in time with a partner and group.	<ul style="list-style-type: none">• Complete balances with increasing stability, control and technique.• Demonstrate some strength and control when taking weight on different body parts for longer periods of time.• Demonstrate increased flexibility and extension in their actions.• Choose actions that flow well into one another both on and off apparatus.
Games	Athletics
<ul style="list-style-type: none">• Dribble the ball with one hand with some control in game situations.• Dribble a ball with feet with some control in game situations.• Use a variety of throwing techniques in game situations.• Kick towards a partner in game situations.• Catch a ball passed to them using one and two hands with some success.• Receive a ball sent to them using different parts of the foot.• Strike a ball with varying techniques• Change direction with increasing speed in game situations.• Use space with some success in game situations.• Use simple tactics individually and within a team.	<ul style="list-style-type: none">• Show balance, co-ordination and technique when running at different speeds, stopping with control.• Link running, hopping and jumping actions using different take offs and landing.• Jump for distance and height with an awareness of technique.• Throw a variety of objects, changing action for accuracy and distance.• Demonstrate balance when performing other fundamental skills.• Show balance when changing direction in combination with other skills.• Can co-ordinate their bodies with increased consistency in a variety of activities.
OAA	Swimming
<ul style="list-style-type: none">• Follow instructions from a peer and give simple instructions.• Work collaboratively with a partner and a small group, listening to and accepting others' ideas.• Plan and attempt to apply strategies to solve problems.• Orientate and follow a diagram/map.	



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| <ul style="list-style-type: none">• Reflect on when and why challenges are solved successfully and use others' success to help them to improve. | |
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