

**Year 3**

**Physical Education**

**Age Related Expectations**

**Gymnastics**

Travel fluently in a variety of ways (including flight) and change direction and speed.

**Dance**

Perform a clear and fluent sequence, including changes of speed and levels.

**Ball games**

Use a variety of ball skills effectively and be able to keep possession of a ball using feet and/or hands.

**Athletics**

Sprint over a distance of 60m and run at a constant pace over longer distances.

Throw accurately to hit a target using over arm and under arm techniques.

**Swimming**

Swim competently, confidently and proficiently over a distance of at least 25 metres.

Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].

Perform safe self-rescue in different water-based situations.