

### P.E – Year 3

Objective	What it looks like
To travel and jump fluently.	Show smooth, controlled and safe transitions between jumps and actions such as rolling and taking weight on hands.
To hold balanced positions.	Balance on different body parts showing an understanding of high, medium and low positions.
To demonstrate a variety of stretched and curled shapes.	A variety of rolling, sliding and shuffling.
To receive and transfer body weight safely.	Clear teaching points and reminders. Demonstrations to show smooth, safe transitions. Mats for children who wish to use forward or backward rolls.
To create a sequence with a partner.	Compose a short sequence with a partner demonstrating an understanding of levels, directions and speeds.
To identify how the overall performance of a sequence can be improved.	Be able to identify what adaptations are required to enhance the overall performance.
To adapt and transfer skills onto more complex apparatus.	Explore different apparatus. Demonstrations to show different ideas.