



# EASTRY C OF E PRIMARY SCHOOL KNOWLEDGE ORGANISERS



<b>YEAR GROUP</b>	3
<b>SUBJECT</b>	PE
<b>KEY VOCABULARY</b>	Tactics, defend, attack, improvise, accuracy, sequence, technique, stimuli, position, rules,
<b>END POINTS KNOWLEDGE</b>	<ul style="list-style-type: none"><li>• Beginning to run at speeds appropriate for the distance.</li><li>• Can perform a running jump with some accuracy.</li><li>• Performs a variety of throws using a selection of equipment.</li><li>• Can use equipment safely and with good control.</li><li>• Beginning to improvise independently to create a simple dance.</li><li>• Begin to improvise with a partner to create a simple dance.</li><li>• Translates ideas from a stimuli into movement with support.</li><li>• Beginning to adapt movements and create longer sequences.</li><li>• Uses simple dance vocabulary to compare and improve work (Begin to evaluate).</li><li>• Understands tactics and composition by starting to vary in responses.</li><li>• Vary skills and actions that suit the game.</li><li>• Use skills with coordination and control.</li><li>• Works well in a group to develop various games.</li><li>• Beginning to understand how to compete with each other in a controlled manner.</li><li>• Understand movement into or closing down others' space.</li></ul>



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- Applies compositional ideas independently and with others to create a sequence.
- Copies, explores and remembers a variety of movements and uses these to create a sequence.
- Describes and begins to evaluate their work using simple gym vocabulary.
- Begin to notice similarities and differences in performances.
- Using turns and change of directions whilst moving in a variety of ways.
- Beginning to show flexibility in movements. Beginning to develop good technique when travelling, balancing and using equipment.

By end of KS2 Work with confidence in water Explore skills, actions and ideas including holding breath underwater Uses a range of strokes; front crawl, backstroke, breaststroke Performs safe self-rescue in different water-based situations Swims competently and proficiently with confidence at least 25m Improves control and co-ordination in water Evaluates own swimming noting future improvements Chooses appropriate strokes and equipment based on time and distance.

## IT HELPS IF I ALREADY KNOW

- I know how to change speed and direction whilst running.
- I know how to jump from a standing position with accuracy and stability.
- I know how to perform a variety of throws with control and co-ordination.
- I know how to prepare for throwing events.
- I know how to use equipment safely.
- I know how to copy and explore basic movements and body patterns.
- I can remember simple movements and dance steps.
- I can link movements to sounds and music and use movements to communicate feelings.
- I know how to travel in a variety of ways including running and jumping.
- I know how to perform a range of throws (Underarm and overarm) and passes.



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	<p>I know how to participate in simple games.</p> <p>I am beginning to develop spatial awareness and hand-eye co-ordination.</p> <p>I know how to copy and explore basic movements with some control and co-ordination.</p> <p>I know how to perform different body shapes.</p> <p>I can perform a 2 footed jump showing balance and can balance with some control.</p> <p>I know and can link 2 movements with simple transitions.</p>
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