

# Class 3 PE Learning Pathway

Year A  
Autumn

## Tag Rugby

- Send and receive a ball on the run and under pressure.
- Apply skills effectively in different situations.

## Yoga

- Put myself in the right state of mind to get the most of my yoga session.
- Learn how to make positive affirmations.

## Health Related Fitness

- Warm-up prior to exercise & sustain performance over periods of time.
- Enjoy competing & challenging myself to improve.

Year A  
Spring

## Tennis

- Link skills to perform actions & sequences of movement.
- Learn how to deflect the ball when volleying.
- Reflect & recognise success in myself & others.

Year B  
Autumn

## Health Related Fitness

- Warm-up prior to exercise & sustain performance over periods of time.
- Enjoy competing & challenging myself to improve.

## Rounders

- Demonstrate leadership skills.
- Learn how to motivate and support my teammate in the field.
- Learn how to adapt my game accordingly to direct an opponent.

Year A  
Summer

## Football

- Demonstrate skill & close control.
- Pass the ball & move into space.
- Demonstrate understanding & interpretation of the rules.

## Athletics

- Learn how to control my running over middle distance.
- Enjoy competing & challenging myself to improve.
- Work well with others.

## Dance

- Demonstrate showing different levels, pathways and directions when travelling.
- To use mirror image, and changes in level and direction in choreography.
- Show use of canon, unison and mirror image.

Year B  
Spring

Year B  
Summer

## Badminton

- Perform a forehand & backhand serve.
- Serve with accuracy.
- Demonstrate specific tactical awareness.

## Cricket

- Demonstrate leadership skills.
- Learn how to motivate and support my teammate in the field.
- Learn how to adapt my game accordingly to direct an opponent.

## Athletics

- Learn how to control my running over middle distance.
- Enjoy competing & challenging myself to improve.
- Work well with others.

## SWIMMING

A weekly curriculum swimming session is available to us at 'Splash Together' in Weymouth. Children in Key Stage 2 will attend at least one block of lessons each academic year. Groupings are by swimming ability and confidence. Lessons are taught by the 'Splash Together' team.