**Progression of skills: PE Year Three**

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| National Curriculum(Abbreviated from SPTO) | Use running, jumping, throwing and catching in isolation and in combination.Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.Develop flexibility, strength, technique, control and balance.Take part in outdoor and adventurous activity challenges both individually and within a team.Perform dances using a range of movement patterns.Compare their performances with previous ones and demonstrate improvement to achieve their personal best.Swimming:Use a range of strokes effectively.Swim competently, confidently and proficiently over a distance of at least 25 metres.Perform safe self-rescue in different water-based situations. |
| Games Skills | * Choose, use and vary simple tactics for attacking and defending (e.g. positioning)
* Use a variety of skills consistently in a game e.g. rolling, hitting, kicking, throwing, catching
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| Dance Skills | * Experiment with actions, dynamics, directions and levels
* Remember and repeat dance phrases
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| Gym Skills | * Demonstrate control and coordination when performing a range of actions with transitions
* Devise, repeat and perform a short sequence that shows changes in speed, level and direction
* Create a sequence using apparatus
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| Athletic skills | * Run at a speed appropriate to the distance
* Jump from a standing position
* Able to throw a ball using an under and over arm technique
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| Swimming skills |  |
| Support  |  |
| More Able |  |