

## DANCE

*Select and use skills and ideas with co-ordination and control*

I can improvise freely with a partner translating ideas from stimuli to movement.

I can show an imaginative response to different stimuli through the use of language and choice of movement.

I can include different qualities and dynamics to movement and develop new actions while working with a partner or small group.

*Understanding tactics and composition by starting to vary how to respond*

I can apply basic compositional ideas to create dance which convey feelings and emotions.

I can link actions to make dance phrases, working with a partner or small group.

I can perform short dances with expression, showing an awareness of other when moving.

I can describe what makes a good dance phrase.

## Physical Education

Year 3



## GAMES

*Select and use skills and ideas with co-ordination and control*

I can travel whilst bouncing a ball showing control.

I can use a range of skills to help keep possession and increasing control of a ball.

I can perform the basic skills needed for the game with control and consistency.

*Understanding tactics and composition by starting to vary how to respond*

I can in pairs make up a game and play a simply rally game.

I can use a range of skills to keep possession and make good progress towards a goal.

I can choose good places in a game to move to when receiving and give reasons for this choice.

I can choose the correct skills (throwing, marking, batting, kicking, hitting) to use to make the game difficult for opponents.

## GYMNASTICS

*Select and use skills and ideas with co-ordination and control*

I can perform a competent forward roll, rug roll and shoulder roll.

I can explore combinations of mats and apparatus, finding different ways of using a shape, balance or travel.

I can practise an action or short sequence of movements, improving the quality of actions and transitions.

I can show control, accuracy and fluency of movement when performing actions individually and with a partner.

*Understanding tactics and composition by starting to vary how to respond*

I can plan and perform a movement sequence showing contrasts in speed, level and direction with a clear beginning middle and end.

I can adapt sequences to include different levels, speeds or directions working individually or contributing to pair sequences.

## UNDERSTANDING OF HEALTH AND FITNESS

I can suggest appropriate warm up ideas.

I can recognise changes in body temperature, heart rate and breathing.