



## **Year 3 End of Year Physical Education Expectations**

### **Working at the Expected Standard (EXP):**

*Pupil(s) are confidently and independently able to apply their knowledge:*

#### **Swimming**

- To jump into the pool and submerge briefly.
- To sink, push away from the wall and glide underwater for a short distance.
- To submerge fully to pick up an object from the bottom.
- To have a reasonable knowledge of the water safety code.

#### **Diet and Hygiene**

- To explain the importance of appropriate portions of food for a balanced diet and health.
- To know the importance of following instructions when taking medicine.
- To understand the importance of maintaining his/her teeth and explain what happens when teeth and gums are not maintained.
- To explain the importance of the sun to give us vitamin D but the need to stay safe too.



### Healthy Bodies

- To identify the importance of our senses and explain some of the difficulties and dangers that we could encounter if we were to lose a sense.
- To identify that exercise helps our lungs and heart and improves co-ordination.
- To describe the differences between different body parts.
- To understand the main functions of the brain and the way it sends signals using the nervous system.
- To understand how the body protects the internal organs and how we give extra protection during activities.
- To name the parts of the digestive system and explain the processes.

### Healthy Mind

- To set more challenging goals and evaluate his/her achievements.
- To begin to compare emotional feelings with physical feelings.
- To create a 'steps to success' approach to achieving success.
- To understand that determination and perseverance are needed to overcome a challenge.

### Personal and Social

- To share his/her own considered point of view and listen to, and consider, other peoples' opinions.
- To offer solutions when there are disagreements between friends.

### Acquiring and Developing Skills

- To balance on one foot.
  - Climb a set of wall bars (or similar).
  - To perform a side setting gallop.
  - To run at speed over a distance.
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### *Applying Skills and Using Tactics*

- To vary skills, actions and ideas and link these in different ways to suit different activities.
- To vary his/her responses to tactics, strategies and sequences used.

### *Evaluation and Improving Performance.*

- To compare and contrast his/her performance with others.
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