

# PE Key Performance Indicators (KPI): Year 3

	Developing skills	Making & applying	Physical & mental	Evaluate & improve
<b>Dance</b>	<ul style="list-style-type: none"> <li>Respond to stimuli using language and movement</li> <li>Incorporate different qualities and dynamics into their movement</li> <li>Explore and develop new actions while working with a partner or a small group</li> </ul>	<ul style="list-style-type: none"> <li>Link actions to make dance phrases with partners or small groups</li> <li>Perform short dances with expression, showing an awareness of others</li> </ul>	<ul style="list-style-type: none"> <li>In simple language, explain why they warm up and cool down</li> <li>Sustain their effort in their dances</li> </ul>	<ul style="list-style-type: none"> <li>Use a range of expressive language to describe dance</li> <li>Recognise 'unison' and 'canon' and suggest to improve</li> </ul>
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>Explore use of floor, mat &amp; apparatus using shape, balance &amp; travel</li> <li>Practise an action or short sequence and improve it's quality</li> <li>Show control, accuracy and fluency when performing actions</li> </ul>	<ul style="list-style-type: none"> <li>Create and perform a gymnastic sequence</li> <li>Adapt a sequence to include different levels, speeds or directions</li> <li>Work well on their own and work well with pair sequences</li> </ul>	<ul style="list-style-type: none"> <li>Understand the importance of warming up</li> <li>Identify when their body is prepared for gymnastics</li> <li>Understand that strength and suppleness are parts of fitness</li> </ul>	<ul style="list-style-type: none"> <li>Explain the similarities/ differences between two performances</li> <li>Understand what is involved in improving the quality of a performance</li> </ul>
<b>Invasion Games</b>	<ul style="list-style-type: none"> <li>Use a range of skills to keep possession and control of the ball</li> <li>Pass, receive and dribble the ball, keeping control and possession</li> </ul>	<ul style="list-style-type: none"> <li>Keep possession and make progress towards the goal</li> <li>Make good decisions on what to do/where to pass</li> <li>Know how to use space in games</li> </ul>	<ul style="list-style-type: none"> <li>Describe what happens to the heart</li> <li>Identify which games have the biggest impact on stamina</li> <li>Describe how some games use short bursts of speed</li> </ul>	<ul style="list-style-type: none"> <li>Explain how best to keep possession</li> <li>Identify what they do best and what they find difficult</li> <li>Identify players who do well in games and explain why</li> </ul>
<b>Net/wall</b>	<ul style="list-style-type: none"> <li>Perform basic skills with control and consistency</li> <li>Vary the speed and direction of the ball</li> <li>Get in line with the ball and keep a small rally going</li> </ul>	<ul style="list-style-type: none"> <li>Choose good places to stand when receiving and give reasons for choice</li> <li>Hit the ball into space, at speeds or different heights to outwit opponent</li> <li>Use rules and keep games going without dispute</li> </ul>	<ul style="list-style-type: none"> <li>Identify what activities they could use to warm up</li> <li>Recognise what happens to the body when playing games</li> <li>Know why warming up is important</li> </ul>	<ul style="list-style-type: none"> <li>Describe what is successful in their own and others' play</li> <li>Identify what they need to do to improve and how to go about doing it</li> </ul>
<b>Athletics</b> <i>(Core task: Take aim)</i>	<ul style="list-style-type: none"> <li>Run consistently and smoothly at different speeds</li> <li>Throw a range of implements into a target area with consistency and accuracy</li> </ul>	<ul style="list-style-type: none"> <li>Recognise that there are different styles of running, jumping and throwing</li> <li>Pace their effort well</li> </ul>	<ul style="list-style-type: none"> <li>Identify and record when their body is cool, warm and hot</li> <li>Recognise and record that their body works differently in different types of challenge and event</li> <li>Carry out stretching and warm-up activities safely</li> </ul>	<ul style="list-style-type: none"> <li>Watch and describe specific aspects of running, jumping and throwing styles</li> <li>Suggest, with guidance, a target for improving distance or height</li> </ul>

## Main progression points:

- Respond to stimuli; develop new actions with partner or small group
- Link actions and make dance phrases with a partner or small group (4/5 movements)
- Create and perform a sequence which includes different levels, speeds and directions (4/5 actions)
- Incorporate use of floor, mats and apparatus
- Pass, receive and dribble to keep control and possession
- Make progress towards a goal and know how to exploit space
- Get in line with ball and keep a small rally going
- Hit the ball into space, at speeds or different heights to outwit opponent
- Throw a range of implements into a target area (10m+)