



The Power of P.E

P.E Outcomes for Year 3



1. Throw and catch displaying with accuracy, in isolation and varied environments
2. Demonstrate changes of direction, speed & level in competitive environments or during performances
3. Demonstrates a clear understanding of how the body changes/functions during exercise
4. Moves in a fluent and expressive manner
5. Plan, perform and repeat sequences of movements in a group
6. Competent in the FUNdamentals of movement (Jog, Sprint, Hop, Weight on Hands, Jump, Balance & Coordination)
7. Use FUNdamentals of movement to employ simple tactics in competitive environments
8. Displays an understanding of fair play, respect and working well with others