



## P.E Statements Year 3



1. Throw and catch displaying control and accuracy, in isolation and varied environments
2. Demonstrate changes of direction, speed & level during performances or in competitive environments
3. Demonstrates an understanding of how the body changes/functions during exercise
4. Move in a clear, fluent and expressive manner
5. Plan, perform and repeat sequences of movements
6. Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)
7. Use FUNdamentals of movement to employ simple tactics in varied environments
8. Swim 25m unaided, can demonstrate proficiency in a range of strokes
9. Displays an understanding of respect, fair play and working well with others

***"Lasting Learning Experiences for Life"***