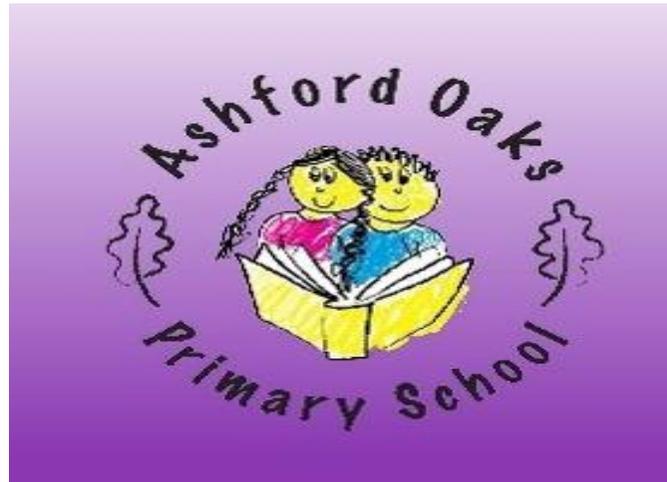


**Year 3**  
**Skills Progression**

Ashford Oaks Primary School  
Curriculum Skills Progression Map  
September 2021



At Ashford Oaks we aim to provide a clear path in order for all children to learn together so that we can succeed. We have created a skills progression document based around the important skills needed for our children to progress in life.

## Year 3

### Skills Progression

#### Dance

- Beginning to improvise independently to create a simple dance.
- Beginning to improvise with a partner to create a simple dance.
- Translates ideas from stimuli into movement with support.
- Beginning to compare and adapt movements and motifs to create a larger sequence.
- Uses simple dance vocabulary to compare and improve work.
- Applies compositional ideas independently and with others to create a sequence.

#### Gymnastics

- Copies, explores and remembers a variety of movements and uses these to create their own sequence.
- Describes their own work using simple gym vocabulary.
- Beginning to notice similarities and differences between sequences.
- Uses turns whilst travelling in a variety of ways.
- Beginning to show flexibility in movements
- Beginning to develop good technique when travelling, balancing, using equipment etc

#### Games

- Understands tactics and composition by starting to vary how they respond.
- Vary skills, actions and ideas and link these in ways that suit the games activity.
- Beginning to communicate with others during game situations.
- Uses skills with co-ordination and control.
- Develops own rules for new games.
- Makes imaginative pathways using equipment.
- Works well in a group to develop various games.
- Beginning to understand how to compete with each other in a controlled manner.
- Beginning to select resources independently to carry out different skills.

#### Personal & Health

- Watches and describes performances accurately.
- Beginning to think about how they can improve their own work.
- Work with a partner or small group to improve their skills.
- Make suggestions on how to improve their work, commenting on similarities and differences.
- Can describe the effect exercise has on the body
- Can explain the importance of exercise and a healthy lifestyle.
- Understands the need to warm up and cool down.

#### Athletics

- Beginning to run at speeds appropriate for the distance .e.g. sprinting and cross country
- Can perform a running jump with some accuracy
- Performs a variety of throws using a selection of equipment.
- Can use equipment safely and with good control.