Hill View Progression Map – Year 3

Thinking	Emotional Intelligence
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Use a greater variety of equipment. Show resilience when faced with new actions Show a good awareness of others in running, chasing and avoiding games React to situations in a way that helps their partners and makes it difficult for their opponents Understand the difference between attacking and defending Know how and when to change speed and direction Begin to understand positional play: attacker/defender Begin to make decisions to outwit the opponent Begin to understand why it is important to warm up and cool down	Demonstrate working independently and collaboratively with a partner and small groups Begin to understand how to compete with each other in a controlled manner Give and receive simple feedback Communicate with members of their team Confidence – know how to be safe when doing gymnastics. Can show and tell you how to land safely Begin to demonstrate effective communication as part of positional play Discuss decisions made Introduce honesty and integrity when scoring Know the importance of trying your best

Practical Skills

GamesGymnasticsDanceTry to intercept a ballCopies, explores and remembers a variety of movements and uses these to partner over a variety of distancesShow spatial awareness when dancing near othersPass a ball accurately to a partner over a variety of distancesmovements and uses these to create their own sequence.Co-ordinate basic body movementsDevelop techniques when dribbling a ball, showing increasing levels of control along with changes of speed and directionDescribes their own work using simple gymnastics vocabulary.Confidently and imaginatively explore and experiment with different actions in response to dance ideas.Perform underarm and overarm throws with control and coordination.Perform a variety of actions with increasing levels of controlSelect and use movements to creatively represent an ideaPerform a range of rolling, throwing, striking, kicking, catching, gathering skills with controlCreate a sequence of movement with different levels of height, speed and directionStart to show clear beginnings, middles and endingsBeginning to run at speeds appropriate for the distance. e.g. sprinting and cross countryDisplaying increasing confidence working with others in a small group, demonstrating good collaboration and communication skillsDiscuss emotional response to stimuliDevelop technique for jumping distance and heightBegin to evaluate own and partner's performance andPerform expressively using movement with a range of dynamics qualities
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distance and height partner's performance and
suggest ways to improve Perform short dances with a
In net/wall games, play simple sense of audience
rallies and maintain control of Beginning to show flexibility in
the ball/shuttle movements which enables
them to show more defined
shapes.