National Curriculum

Physical Education

Key Stage 2 – PE MAPs©

Year 3

Planning and Assessment: PE Measures of Attainment and Progress (PE MAPs©)

Area of Experience and Development

End of Year Age Related Expectations (Health)

Children can ***describe*** how their bodies feel if they are ***physically active for sustained periods*** of time, and ***are aware*** that their health will benefit. They ***can give reasons*** why it is important to warm up before physical activity.

HEALTH

Skills, Knowledge & Understanding

1	2	3	4
Children are beginning to become ***secure in some aspects*** of the end of year expectations	Children are ***secure in the majority of the aspects*** of the end of year expectations	Children are ***secure in all or almost all of the aspects*** of the end of year expectations	Children ***add more depth and breadth*** to their knowledge of the end of year expectations
*They **display some examples** such as being able to:* ▪ Recognise and describe the changes in heart rate, body temperature and their breathing when they move about for a longer period of time ▪ Feel and describe that their body is having to work harder when they run up and down or skip on the spot for a longer period of time ▪ Identify that they might start to feel tired after running for a longer period of time and might start to sweat as their body gets warmer	*They **display some more examples** such as being able to:* ▪ Describe that when they are exercising harder for longer their heart needs to beat faster to pump more blood to the muscles ▪ Say that their health will benefit if they work harder and get their heart beating faster for longer ▪ Say that their bones, muscles and heart will all get stronger if they exercise and that this will help to keep their body fit and healthy	*They **display even more examples** such as being able to:* ▪ Identify that they need to warm-up so that they don't hurt their muscles ▪ Identify that by warming-up, their muscles will become more stretchy so they will be able to exercise more without hurting them ▪ Identify that by warming-up they are starting to get the blood pumping around the body and the heart ready for some more strenuous exercise	*With regards to the aspects of the end of year expectations, they:* ▪ Start to consolidate and embed them ▪ Use and apply them more regularly ▪ Use and apply them with greater consistency ▪ Use and apply them more appropriately ▪ Take more opportunities to use them

The majority of children are expected to work within and achieve Attainment Measures 1-4, with ***most children achieving Attainment Measure 3*** by the end of the year.

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