

**Subject: PE Year 3**

What are the aims and intentions:

That all the children will be able to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

**Swimming and water safety**

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Links to prior learning.

**Key stage 1**

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Unit	Topic:	Knowledge	Skills:	Key Questions
Games - Invasion Games	Basketball	<ul style="list-style-type: none"> <li>• To know how to use the body to protect the ball</li> <li>• To know how to create space to receive the ball</li> <li>• To know how to defend against an attacking player</li> <li>• To know the difference man v man defence and zone defence</li> <li>• To know how to create shooting opportunities</li> <li>• To understand the principles of attacking and defending in a competitive game</li> </ul>	<ul style="list-style-type: none"> <li>• To control a basketball with both hands</li> <li>• To protect the ball when under pressure</li> <li>• To pass the ball with good technique</li> <li>• To vary speed and direction to get passed opponents</li> <li>• To mark a player</li> <li>• To mark the correct area of the court to limit opportunities</li> <li>• To dribble, pass and shoot the basketball during a competitive game</li> </ul>	<p>How do players move with the ball?            What part of the hand should you dribble with?            Why is it important to look up when dribbling the ball?            What types of passes are used in basketball?            When would you use an overhead pass?            When would you use a bounce pass?            What is pivoting and how do you do it?            When do players use pivoting in a game of basketball?            What is the difference between attacking and defending?            What skills and strategies help you to keep possession of the ball?            How can an attacker steal the ball from an attacking player?            What does 'marking' look like?            Why is teamwork important in basketball?            What are the rules of basketball?            What have you liked/found most difficult about basketball?</p>

	Key Vocabulary	dribble, shoot, bounce pass, chest pass, BEEF (balance, elbow, eye line, follow through) man v man defence, zone defence, invasion, defend, opponent, overhead pass, stance, pivot, marking, teamwork, communication.		
		Cultural Capital: Developing teamwork		
Fundamentals	Multi-Skills	To know how to use space in games. To recognise what good performance looks like. To recognise aspects of their performance that needs to be improved. To suggest how to improve their performance. To improve ability to choose and use simple strategies.	<ul style="list-style-type: none"> <li>To sprint effectively</li> <li>To jump for height and distance.</li> <li>To throw underarm.</li> <li>To dribble with a football.</li> <li>To dribble with a basketball</li> <li>To use effective footwork in the context of a game.</li> <li>To position their bodies, hands and feet effectively.</li> </ul>	How could you improve your running technique? What happens when you jump without your arms? How does a crouching or rocking motion help prior to the jump? Why is it important to bend your knees on landing? Is the underarm throw used for accuracy or distance? When might you need to use an underarm throw? Why is it important to keep the ball close to your feet when dribbling in football? Why is it important to look up when dribbling with the ball? Why is footwork and movement important in games? How can footwork be improved?
	Key Vocabulary	space, travel, run, sprint, scan, position, direction, speed, control, dribble, aim, pace, balance, tactics, skill, goal.		
		Cultural Capital: perseverance, resilience		
Creative Movement	Gymnastics and Dance	<ul style="list-style-type: none"> <li>To know how to use canon, formation changes, direction and level to improve a motif</li> <li>To know what is meant by good timing, execution and performance skills</li> <li>To know the difference between a point and a patch</li> <li>To know the importance of working at different levels</li> <li>To know how to move from one shape to another smoothly</li> <li>To know the difference between symmetrical and asymmetrical performance</li> <li>To know the importance of control</li> <li>To know the importance of a good starting position and finishing position</li> </ul>	<ul style="list-style-type: none"> <li>To develop a motif demonstrating agility, balance, coordination and precision</li> <li>To show different levels and pathways when travelling</li> <li>To change static actions into travelling movements</li> <li>To use choreography to create a sequence</li> <li>To communicate with a partner/group effectively</li> <li>To evaluate work using technical language</li> <li>To turn through 90, 180, 270 and 360 degrees</li> <li>To spin on points and patches with control</li> <li>To step gracefully with control</li> <li>To hold balances with good control</li> <li>To find ways of moving out of one balance to another</li> </ul>	What are the basic body positions in gymnastics? How are the positions similar/different? Which jumps used a two-feet to two-feet landing and take-off? Which jumps used a different take-off and landing? Which jumps and leaps were easy/ difficult? Why? Can you identify a shape and hold position? How was the ball/hoop being held? How could the position be improved? What is rhythmic gymnastics? What are the five pieces of hand apparatus used in rhythmic gymnastics? What is symmetry? Where is the line of symmetry? What was done well? How could the routine be improved?

			<ul style="list-style-type: none"> <li>To link high and low moves</li> <li>To explore a variety of rolls</li> <li>To create a sequence of rolls and balances</li> </ul>	
	Key Vocabulary	pike, straddle, tuck, wide, narrow, stretched, extend, tall, curled, squat, star, cat leap, controlled, straight, twist, turn, impact, adsorb, soften, mount, dismount, balance, take off, landing, rhythmic gymnastics, apparatus, manipulate, front support, retrieve, symmetry, mirrored, routine.		
		Cultural Capital: links to music		
Games - Net and Wall (Bat and Ball skills)	Tennis	<ul style="list-style-type: none"> <li>To know what the ready position is</li> <li>To know to try and get to the centre of the court after playing each shot</li> <li>To know how to hit the ball with a full backswing</li> <li>To know to keep the head still when trying to hit the ball</li> <li>To know how to volley a ball and deflect it downwards</li> <li>To know how to play a backhand</li> <li>To know the rules of tennis</li> </ul>	<ul style="list-style-type: none"> <li>To take up a ready position</li> <li>To hit a forehand return</li> <li>To constantly get into good positions to return the ball after one bounce</li> <li>To strike the ball on the backhand with consistency</li> <li>To volley a ball sending the ball downwards</li> <li>To serve from the baseline</li> <li>To move into the correct position to play a variety of shots</li> </ul>	<p>How do we use agility, balance and coordination in tennis? Can you get into a balanced position quickly to catch a ball in the centre of your racket? Where should you aim to land the ball on your racket when absorbing and controlling it? How can you be aware of the space around you when moving with the ball on your racket? Where should you grip the racket when hitting a forehand? Why is it important to use the correct grip? What part of your feet should you stand on between shots? Which backhand stroke is more powerful? Which foot should your balance be on when playing a backhand stroke? What is an overhead tennis serve? How should you position your body when serving overarm? At what point in the throw is it best to strike the ball? How can you alter the direction and distance the ball travels when serving? What is a volley? When might you use the volley within a tennis game? Where does the racket finish when you hit a good volley? Which skills have you made good progress with and which would you like to improve? How is a tennis match scored? What rules of tennis have you used so far?</p>
	Key Vocabulary	Coordination, racket, stroke, shot, hit, grip, balance, rally, forehand, backhand, serve, court, backswing, volley, centre, court, target, aim, ready position, fault		
		Cultural Capital: Tennis festival		

Games - Striking and Feilding -	Kwick Cricket	<ul style="list-style-type: none"> <li>To know how to grip the bat</li> <li>To know how to move back and across to play a pull shot</li> <li>To know what the crease is for</li> <li>To know how to grip a ball when bowling</li> <li>To know the position for wicket keeping</li> <li>To know what 'backing up' means when fielding</li> <li>To know how to form a long barrier to field a hard shot</li> <li>To know when to stand still in the field and when to walk in</li> <li>To know the need to call when going for a catch</li> </ul>	<ul style="list-style-type: none"> <li>To stand sideways with a high back lift when ready to receive a ball</li> <li>To step back and across to play a pull shot</li> <li>To bowl a ball overarm</li> <li>To take up a wicket keeping stance</li> <li>To throw powerfully and accurately</li> <li>To make different class when batting</li> <li>To stop balls struck hard by forming a long barrier</li> <li>To back up fellow fielders</li> </ul>	<p>Why is it important to be able to catch the ball in cricket? How do you adapt your body position and technique to perform different types of catches? Where should you position your hands when preparing to catch a straight throw? How should you use your fingers when receiving a straight ball?</p> <p>Why might you need to throw a ball long distances in cricket? Why is it important to be able to throw the ball correctly and accurately in cricket?</p> <p>How can you position your body to stop a ball that is rolling towards you?</p> <p>Why is it important to stand side-on when throwing a ball overarm?</p> <p>What is used in cricket games and matches to hit or strike a cricket ball?</p> <p>How do you hold a cricket bat? Do you know how to hold a cricket bat correctly?</p> <p>What is bowling?</p> <p>What is the role of a bowler in cricket?</p> <p>Why is the grip an important skill to learn when bowling overarm?</p> <p>What fundamental cricketing skills have we learnt?</p> <p>Why is teamwork and communication an important skill to develop in cricket?</p> <p>How do you show good sportsmanship during a game?</p> <p>Why is communication important in a match?</p>
	Key Vocabulary	batsman, block, boundary, bowler, crease, drive, fielding, infield, innings, kwik, cricket, out, pitch, stumps, grip, pull shot, wicketkeeper, long barrier, backing up, wicket, run out, no-ball, stance,		
		Cultural Capital: Tri-Golf Festival		
Athletics	Athletics	<ul style="list-style-type: none"> <li>To know how to start a sprint race</li> <li>To know which foot is the take-off foot</li> <li>To know the technique associated with hurdling</li> <li>To know that the furthest point backwards in long jump is the point measured in competition</li> <li>To know to position the body sideways when throwing</li> </ul>	<ul style="list-style-type: none"> <li>To use the correct technique to start a sprint</li> <li>To develop coordination to improve speed</li> <li>To sprint between hurdles</li> <li>To jump consistently from the same take off foot</li> <li>To throw overarm with accuracy</li> <li>To throw overarm with power for distance</li> <li>To run a relay effectively as part of a team</li> </ul>	<p>Can you name any track and field events?</p> <p>What running pace did you use?</p> <p>Did your speed get faster or slower?</p> <p>How can you sprint effectively?</p> <p>Do you prefer leading with your right or left leg?</p> <p>Do you have an even stride length?</p> <p>Have you found a good rhythm and fluency over the hurdles?</p> <p>How can you improve your jump?</p> <p>How can you improve your control and accuracy when throwing underarm?</p> <p>How can you successfully throw a shot put?</p> <p>How do you hold a shot put?</p>

		<ul style="list-style-type: none"> <li>To know how to transfer and receive a baton safely</li> </ul>		How do you hold and pass a baton?
	Key Vocabulary	athletics, event, track, field, running, jumping, throwing, sprint technique, take off foot, scissor kick, pull technique, reaction, hurdles, obstacles, stride, rhythm, coordination, flight, dominant/non-dominant hand, shot put, baton.		
		Cultural Capital: Sports Day		
Outdoor and Adventure	Outdoor and Adventure	<ul style="list-style-type: none"> <li>To know how to begin to work and behave safely when working co-operatively with others</li> <li>To know how to work with friends to plan and share ideas</li> <li>To comment on how they went about tackling a task</li> <li>Discuss how to follow trails and solve problems</li> <li>Work with friends to select appropriate equipment for the task</li> </ul>	<ul style="list-style-type: none"> <li>Identify where they are on simple maps and diagrams of familiar environments e.g. in relation to position of desk in plan of classroom</li> <li>Use simple maps and diagrams to follow a trail</li> </ul>	<p>What is OAA?  What is orienteering?  What factors are important for effective teamwork to take place?  What helped your team to complete the task?  What hindered your team?  What does nonverbal communication mean?  Did you use a strategy to help you remember the instructions?  What did you try to do to make sure you didn't make any mistakes?  What is the problem you are faced with?  How can you solve the problem?  Did you complete the task? What helped you? What hindered you?  Why do we need maps?  What might you see on a map?  What does map orientating involve?  Do you know the meaning of any other symbols from different types of maps, such as the symbols on weather maps?</p>
	Key Vocabulary	Outdoor adventurous activities, teamwork, orienteering, problem-solving, cooperation, communication, following instructions, listening skills, active listening, non-verbal communication, empathy, process, step by step, listening skills, strategy, mnemonics, visualise, plan of action, thinking logically, directions, directional language, , navigate, left, right, forwards, backwards, clockwise, anti-clockwise, full/half/whole turn, 90° turn, paces, verbal, non-verbal, instructions, collaboration, trust, orienteering, orienteer, orientating a map, map reading, key, symbols, grid, course, terrain, landscape, features, compass, best route, quickest time.		
		Cultural Capital: Links to Geography - compass directions		
Swimming	Introduction to Swimming.	<ul style="list-style-type: none"> <li>To know how to enter the pool in a safe and controlled manner</li> <li>To know how to push and glide in a flat position</li> <li>To know how to perform a sequence of shape changes without touching the floor</li> </ul>	<ul style="list-style-type: none"> <li>To perform a safe entry and exit of the pool</li> <li>To float for at least 10 seconds</li> <li>To push and glide and return to a standing position after 10 metres</li> <li>To swim on front for at least 10 metres</li> </ul>	<p>Show me how you enter and exit the water safely?  Can you get your face wet?  Can you put your head underwater?  Can you float (using a floatation aid/ unaided)?  Can you glide on your front?  Can you glide on your back?  Can you kick your legs when moving across the pool?</p>

			<ul style="list-style-type: none"> <li>• To swim on back for at least 10 metres</li> </ul>	<p>Can you coordinate your arm and leg action to swim across the pool?</p> <p>Do you feel confident in, on and under the water?</p> <p>Can you swim across the pool on your front (aided or unaided)?</p> <p>Can you swim across the pool on your back (aided or unaided)?</p>
	Key Vocabulary	float, sink, wobble, noodle, armbands, backstroke, front crawl, breaststroke, butterfly, push and glide, deep, shallow, lengths, lane, dive, jump, splash, treading water, lifeguard.		
		Cultural Capital: water safety		