

Y3 – Physical Education

Gymnastics To develop flexibility, strength, technique, control and balance.	Forest Schools/ Outdoor Adventurous Activities To take part in outdoor and adventurous activity challenges, both individually and within a team.	Dance To perform dances using a range of movement patterns	Athletics To use running, jumping, throwing and catching in isolation and in combination.	Games Use running, jumping, throwing and catching in isolation and in combination To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	Evaluating To compare their performances with previous ones and demonstrate improvement to achieve their personal best.
GY1- I can improve the quality of my rolls, jumps, travel, body shapes and balance.	O1- I can begin to develop listening skills when listening to a partner or adult	D1- I can begin to improvise independently to create a simple dance	A1-I can run at speeds appropriate for the distance.	G1- I can begin to travel in a variety of directions and for purpose (defending/attacking)	E1- I can comment on own and other performance
GY2 -I can describe my own work using simple gym vocabulary	O2- I can begin to use compass points	D2 -I can begin to improvise with a partner to create a simple dance.	A2-I can perform a running jump with some accuracy	G2 - I can travel bouncing a ball with some control	E2- I can give comments on how to improve performance
GY3 -I can copy, explore and remember a variety of movements and use them to create my own sequence	O3- I can begin to think activities through	D3 -I can translate ideas from stimuli to movement with support	A3-I can perform a variety of throws using a selection of equipment	G3- I can confidently send the ball to others in a range of ways (underarm, chest pass, over arm, over arm and bounce pass)	E3 -I can use appropriate vocabulary when giving feedback
GY4 -I can apply compositional ideas independently and with others to create a sequence.	O4- I can begin to choose strategies	D4 -I can begin to compare and adapt movements and motifs to create a larger sequence.		G4 - I can receive a ball with control when under pressure in game state.	
GY5- I can begin to develop good technique of taught skills when using equipment.	O5- I can begin to understand how to stay safe	D5- I can use simple dance vocabulary to improve and compare work.		G5 - I can use skills with coordination and control.	
		D-6 I can perform dances with an awareness of rhythm on their own or in a group.		G6- I can communicate, work as a team and begin to compete during game situations.	
				G7- I can develop my knowledge of games.	
				G8 -I can understand the term possession and when it applies during game play.	

				G9 -I can choose good places to stand when receiving, and give reasons for my choice.	
				G10- I can choose and use batting or throwing skills to make the game hard for my opponents.	
				G11- I can explain what attacking and defending is.	

Topic coverage

Autumn 1 Stone Age Boy	Autumn 2 The Greatest Show	Spring 1 Potteries	Spring 2 Ratatouille	Summer 1 Wild Wild West	Summer 2 Wild Wild West
GY1 GY2 GY3 GY4 GY5 O1 O2 O3 O4 O5 E1 E2 E3		D1 D2 D3 D4 D5 D6 E1 E2 E3	A1 A2 A3 E1 E2 E3		G1 G2 G3 G4 G5 G6 G7 G8 G9 G10 G11 E1 E2 E3

Vocabulary

<p><u>Gym</u> Flow, Explosive, Symmetrical, Asymmetrical, Combination, Evaluate, Improve, Stretch Refine, Adapt, Contrasting, Curled, Stretched, Suppleness, Strength, Inverted, Jump Land, Over, Under, Agility, Strength, Technique, Control,</p>	<p>Create, Combination, Sequence, Space, Improvisation, Repetition, Adapt, Motifs, Pattern, Movement, Evaluate, Improve, Agility, Flexibility, Strength, Control, Balance, Stimulus, Rhythm, Timing, Perform, Health and fitness – warm up/ cool down/ heart rate</p>	<p>Running, Walking, Speed, Pace, Throw, Skip, Aim, Bounce, Jump, Leap, Hop, I will learn Target, Overarm, Underarm, Walking, Jogging, Baton, Relay Take off, Landing, starting position, speed, distance, Personal best Health and fitness – warm up/ cool down</p>	<p>Defending, Attacking, Travel, Bouncing, Control, Possession, Co-ordination, Co-operation, Scoring, Batting, Space, Pass, Dribble, Team, Points, Goals, Rules, Tactics, Fielding, Bowler, Wicket, Innings, Rounder, Backstop, Court, Target, Net, Striking, Pitch, Health and fitness – warm up/ cool down/ heart rate</p>
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<p>Balance, Evaluate, Improve, Rolls- teddy bear roll, log roll, egg roll, rock on back, pencil roll, forward roll</p> <p>Shapes – straight, pike, star, straddle, top to toe, tuck, dish, arch, front support, back support, Jump - star, straight, tuck, turn, leap, hop, bunny hop, frog jump, shoulder stand, bridge</p> <p>Health and fitness – warm up/ cool down/ heart rate</p> <p><u>Outdoor</u></p> <p>North, east, south, west, compass, team, partner, think, activity, safety, listen, strategy, equipment.</p>			
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I will learn

<p>How to improve the quality of rolls through gymnastics</p> <p>How to improve the quality of jumps through gymnastics.</p> <p>How to improve the quality of body shapes through gymnastics.</p> <p>How to improve the quality of travels through gymnastics.</p> <p>How to improve the quality of balance through gymnastics.</p> <p>How to use skills with coordination and control</p> <p>How to improve my work</p> <p>How to improve the quality of travel through gymnastics.</p> <p>How to improve the quality of body shapes through gymnastics</p>	<ul style="list-style-type: none"> - How to begin to compare and adapt movements and motifs - How to create a larger sequence. - How to improvise to create a simple dance - How to work on a dance independently and in a group - How to design movements using a stimuli with support - How to use dance vocabulary How to perform dances with an awareness of rhythm on my own or in a group. How to listen to a partner or adult and follow instructions correctly - How to use different levels to improve my dance - How to use different dynamics to improve my dance - How to use unison and cannon to improve my dance when working with a partner or group. - How to improve my work 	<ul style="list-style-type: none"> - That I need to change my running pace for different distances -How to run with good technique. That there are lot of different types of jump e.g. two footed, leap, hop. How to use a combination of jumps to assist in a running jump. How to complete a running jump with some accuracy. That there are different types of throw That different equipment requires a different throw How to perform a variety of throws using a selection of equipment. 	<ul style="list-style-type: none"> How to decide where and when to run with purpose - How to pass/throw a ball including underarm, chest pass, over arm and bounce pass. - How to travel bouncing a ball How to use and find space to receive the ball How to receive a ball under pressure - How to work as part of a team - How to develop my knowledge of different games - How to use skills with coordination and control. - How to apply possession to game situations - That I can give reasons for my choices - How to use battling and throwing skills to make it hard for opponents -That attacking and defending is an essential part of a game -How to use attacking skills in isolation and during a game
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<p>How to improve the quality of balances through gymnastics</p> <p>How to describe my gymnastics work using correct vocabulary</p> <p>How to explore, copy and remember a variety of movements and use them to create my own sequence</p> <p>How to apply compositional ideas</p> <p>How to use compositional ideas independently and with others to create a sequence.</p> <p>How to describe a performance</p> <p>How to use the appropriate vocabulary when giving feedback</p> <p>How to make suggestions to improve my and others performances</p> <p>How to work with a partner or group to improve my skills.</p> <p>How to listen to my partner or adult and follow instructions correctly.</p> <p>How to improve my own and others performances.</p> <p>That the compass points are north, west, east, south and which direction they are</p> <p>How to begin to use the compass point</p>	<ul style="list-style-type: none"> - How to perform a dance - To show an awareness of rhythm independently and in a group - How to describe a performance - How to use the appropriate vocabulary when giving feedback - How to improve my and others performances 	<p>How to comment on other performances and my own</p> <p>How to use appropriate vocabulary when giving feedback</p> <p>How to comment how to improve performances</p>	<ul style="list-style-type: none"> -How to use defending skills in isolation and during a game - How to describe a performance - How to use the appropriate vocabulary when giving feedback How to make suggestions to improve my performance. How to work with a partner or group to improve my skills. How to improve my own and others performances - How to improve my and others performances
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<p>How to stay safe when outdoors.</p> <p>That some activities need to be thought through before completing.</p> <p>How to talk through activities by thinking them through.</p> <p>How to begin to choose strategies</p> <p>That different equipment is better to use for certain jobs</p> <p>How to use equipment safely</p>			
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