

LOWER KEY STAGE TWO PE YEARLY PLAN YEAR 3

	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
INDOOR	GYMNASTICS	DANCE	GAMES INVASION HOCKEY	GAMES INVASION NETBALL	GAMES NET/WALL TENNIS	GAMES STRIKING AND FIELDING CRICKET
	<p><u>SKILLS TAUGHT</u> (GYMNASTICS UNIT YEAR 3)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I use my own ideas for movements in response to a task? • Perform actions, balances, body shape and agilities with some control? • Can I choose and plan sequences? • Can I adapt sequences to suit my partners ability? • Can I explain how strength and suppleness affect performance? • Can I identify muscle groups used in gymnastics? • Can I compare sequences, commenting on similarities and differences? • Can I recognise how performances could be improved? 	<p><u>SKILLS TAUGHT</u> (DANCE UNIT YEAR 3)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I improvise movements freely? • Can I create dance phrases that communicate ideas freely? • Can I share and create dance phrases with a partner? • Can I repeat, remember and perform these phrases in a dance? • Can I introduce rhythm and expression? • Can I understand the importance of warming up and cooling down? • Can I suggest improvements that can be made to my and others dances? 	<p><u>SKILLS TAUGHT</u> (INVASION GAMES UNIT YEAR 3)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I pass the ball with control to a partner? • Can I be aware of space and use it to support team mates? • Can I understand and use rules fairly? • Can I keep possession with some success? • Can I explain why it is important to warm up and cool down? • Can I say when a player has moved to help others? • Can I understand basic positions? 	<p><u>SKILLS TAUGHT</u> (INVASION GAMES UNIT YEAR 3)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I pass the ball with control to a partner? • Can I be aware of space and use it to support team mates? • Can I understand and use rules fairly? • Can I keep possession with some success? • Can I explain why it is important to warm up and cool down? • Can I say when a player has moved to help others? • Can I understand basic positions? 	<p><u>SKILLS TAUGHT</u> (NET GAMES UNIT YEAR 3)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I keep up a continuous game using a range of throwing and catching skills? • Can I use basic racket skills? • Can I use a range of simple tactics for sending the ball in different directions? • Can I choose tactics to defend my court? • Can I make up my own net games? • Can I understand the point of the game? • Can I keep rules effectively and fairly? • Can I recognise how net games make the body work? • Can I talk about what I do well? 	<p><u>SKILLS TAUGHT</u> (STRIKING AND FIELDING GAMES UNIT YEAR 3)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I throw with some accuracy? • Can I strike a ball with some accuracy? • Can I stop a ball with some accuracy? • Can I choose the correct skills to suit a game? • Can I carry out simple tactics successfully? • Can I understand some rules and use them fairly? • Can I carry out warm ups, know why I am doing them? • Can I suggest what needs practicing?

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	GAMES INVASION FOOTBALL	GAMES INVASION BASKETBALL	OAA	GAMES INVASION RUGBY	ATHLETICS	GAMES STRIKING AND FIELDING ROUNDERS
OUTDOOR 1	<p><u>SKILLS TAUGHT</u> (INVASION GAMES UNIT YEAR 3)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I pass the ball with some control to a partner? • Can I be aware of space and use it to support team mates? • Can I understand and use rules fairly? • Can I keep possession with some success? • Can I explain why it is important to warm up and cool down? • Can I say when a player has moved to help others? Can I understand basic positions? 	<p><u>SKILLS TAUGHT</u> (INVASION GAMES UNIT YEAR 3)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I pass the ball with control to a partner? • Can I be aware of space and use it to support team mates? • Can I understand and use rules fairly? • Can I keep possession with some success? • Can I explain why it is important to warm up and cool down? • Can I say when a player has moved to help others? Can I understand basic positions? 	<p><u>SKILLS TAUGHT</u> (OAA UNIT 2)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I use maps and diagrams to orientate myself and travel around a simple course? • Can I respond when the task or environment changes and the challenge increase? • Can I start to plan sensible responses to physical challenges or problems, talk and work with others in my group? • Can I recognise some of the physical demands that activities make on me? • Can I identify parts of the work that were successful? • Can I respond to feedback on how to go about my work differently? 	<p><u>SKILLS TAUGHT</u> (INVASION GAMES UNIT YEAR 3)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I pass the ball with control to a partner? • Can I be aware of space and use it to support team mates? • Can I understand and use rules fairly? • Can I keep possession with some success? • Can I explain why it is important to warm up and cool down? • Can I say when a player has moved to help others? Can I understand basic positions? 	<p><u>SKILLS TAUGHT</u> (ATHLETICS UNIT 2)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I understand the difference between sprinting and distance running? • Can I know and demonstrate a range of throwing techniques? • Can I throw with some power and accuracy to a target area? • Can I perform a range of jumps using a short run up? • Can I play different roles in small groups? • Can I relate different activities to different heart rates and body temperatures? • Can I compare performances using appropriate language? 	<p><u>SKILLS TAUGHT</u> (STRIKING AND FIELDING GAMES UNIT YEAR 3)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I throw with some accuracy? • Can I strike a ball with some accuracy? • Can I stop a ball with some accuracy? • Can I choose to use the correct skills to suit a game? • Can I carry out simple tactics successfully? • Can I understand some rules and use them fairly? • Can I carry out warm ups, know why I am doing them? • Can I suggest what needs practicing?