

## Physical Education – Year 3

### Autumn 1

#### Gymnastics

- Flexibility is the range of movement through body joints.
- Movement is when changing position, posture or place.
- A pattern is when a movement or action is repeated.
- Communicating with others giving and receiving information.
- Technique is a way of carrying out a particular task.
- Collaboration is working with others to achieve/create something.
- Evaluate is to judge something.
- Co-ordination is the ability to move two or more body parts under control, smoothly and efficiently.
- Jump is to lift off the ground from one foot onto two feet. During the flight of the jump, you should bend your legs slightly and land on two feet, with bent legs and without losing their balance.
- Agility is how quickly you can change direction whilst maintaining speed, balance and power.

#### Invasion - Football

- Kicking is when you hit an object (ball) with your foot
- Attack is to try to move past and score against the opposing team.
- Defend is to block the other team and stop them from scoring.
- Agility is how quickly you can change direction whilst maintaining speed, balance and power.
- Co-operation is when you work together with others to achieve a result
- Collaboration is working with others to achieve/create something
- Communicating with others giving and receiving information.
- Competing means to do your best against others.

### Autumn 2

#### Ball Games - Netball

- Attack is to try to move past and score against the opposing team.
- Defend is to block the other team and stop them from scoring.
- Co-operation is when you work together with others to achieve a result.
- Catching is the use the hands to stop and hold a moving object. Eyes on the object, fingertips together (two handed catch). Catch the object, then grip it.
- Communicating with others giving and receiving information.
- Throw is to push an object by hand with a sudden forward motion ending with straightening the arm and wrist.
- Eyes on the object, fingertips together (two handed catch).
- Collaboration is working with others to achieve/create something

#### Dance

- Collaboration is working with others to achieve/create something.
- Technique is a way of carrying out a particular task.
- Evaluate is to judge something.
- Co-ordination is the ability to move two or more body parts under control, smoothly and efficiently.
- Dance is to move the body in a rhythmic way, usually to music and within a given space.
- Collaboration is working with others to achieve/create something.
- A pattern is when a movement or action is repeated
- Flexibility is the range of movement through body joints.
- Movement is when changing position, posture or place.
- Agility is how quickly you can change direction whilst maintaining speed, balance and power.

### Spring 1

#### Striking and Fielding Fundamentals

- Agility is how quickly you can change direction whilst maintaining speed, balance and power.
- Co-operation is when you work together with others to achieve a result.
- Run is to move quickly using your feet.
- Movement is when changing position, posture or place.
- Communicating with others giving and receiving information.
- Striking is when you hit a ball with a bat or racket.

<p style="text-align: center;"><b>Invasion - Hockey &amp; Tag Rugby</b></p>	<ul style="list-style-type: none"> <li>• Competitive sports are games where the aim of the game is to win</li> <li>• Collaboration is working with others to achieve/create something.</li> <li>• Competing means to do your best against others.</li> <li>• Attack is to try to move past and score against the opposing team.</li> <li>• Defend is to block the other team and stop them from scoring.</li> <li>• Throw is to push an object by hand with a sudden forward motion ending with straightening the arm and wrist.</li> <li>• Catching is the use the hands to stop and hold a moving object. Eyes on the object, Fingertips together (two handed catch) Catch the object, then grip it.</li> </ul>
<b>Spring 2</b>	
<p style="text-align: center;"><b>Football &amp; Netball</b></p>	<ul style="list-style-type: none"> <li>• Co-ordination is the ability to move two or more body parts under control, smoothly and efficiently.</li> <li>• Movement is when changing position, posture, or place.</li> <li>• Competing means to do your best against others.</li> <li>• Agility is how quickly you can change direction whilst maintaining speed, balance, and power.</li> <li>• Kicking is when you hit an object (ball) with your foot</li> <li>• Attack is to try to move past and score against the opposing team.</li> <li>• Defend is to block the other team and stop them from scoring.</li> </ul>
<p style="text-align: center;"><b>Striking &amp; Fielding - Cricket</b></p>	<ul style="list-style-type: none"> <li>• Co-operation is when you work together with others to achieve a result.</li> <li>• Communicating with others giving and receiving information.</li> <li>• Throw is to push an object by hand with a sudden forward motion ending with straightening the arm and wrist.</li> <li>• Catching is to use the hands to stop and hold a moving object. Eyes on the object, fingertips together (two handed catch), catch the object, then grip it.</li> <li>• Striking is when you hit a ball with a bat.</li> <li>• Run is to move quickly using your feet.</li> </ul>
<b>Summer 1</b>	
<p style="text-align: center;"><b>Athletics</b></p>	<ul style="list-style-type: none"> <li>• Run is to move quickly using your feet.</li> <li>• Jump is to lift off the ground from one foot onto two feet. During the flight of the jump, you should bend your legs slightly and land on two feet, with bent legs and without losing their balance.</li> <li>• If you run and then jump the distance you jump will be longer</li> <li>• Throw is to push an object by hand with a sudden forward motion ending with straightening the arm and wrist.</li> <li>• Strength is a measure of power.</li> <li>• Technique is a way of carrying out a particular task.</li> <li>• Movement is when changing position, posture or place.</li> </ul>
<p style="text-align: center;"><b>Net and Wall - Tennis</b></p>	<ul style="list-style-type: none"> <li>• Striking is when you hit a ball with a racket.</li> <li>• Strength is a measure of power.</li> <li>• Technique is a way of carrying out a particular task.</li> <li>• Communicating with others giving and receiving information.</li> <li>• Collaboration is working with others to achieve/create something.</li> <li>• Competing means to do your best against others.</li> <li>• Evaluate is to judge something.</li> </ul>
<b>Summer 2</b>	
<p style="text-align: center;"><b>Striking and Fielding – Rounders &amp; Cricket</b></p>	<ul style="list-style-type: none"> <li>• Co-operation is when you work together with others to achieve a result.</li> <li>• Run is to move quickly using your feet.</li> <li>• Movement is when changing position, posture or place.</li> <li>• Communicating with others giving and receiving information.</li> <li>• Collaboration is working with others to achieve/create something.</li> <li>• Competing means to do your best against others.</li> <li>• Throw is to push an object by hand with a sudden forward motion ending with straightening the arm and wrist.</li> <li>• Catching is the use the hands to stop and hold a moving object. Eyes on the object, Fingertips together (two handed catch. Catch the object, then grip it.</li> <li>• Striking is when you hit a ball with a bat or racket.</li> </ul>

	<ul style="list-style-type: none"><li>• Agility is how quickly you can change direction whilst maintaining speed, balance and power.</li></ul>
<b>Net - Badminton</b>	<ul style="list-style-type: none"><li>• Striking is when you hit a shuttlecock with a racket.</li><li>• Strength is a measure of power.</li><li>• Technique is a way of carrying out a particular task.</li><li>• Communicating with others giving and receiving information.</li><li>• Competing means to do your best against others</li><li>• Run is to move quickly using your feet.</li></ul>