



Physical Education – Year 3

Year 3 PE days are: Indoor – Tuesday Outdoor – Monday

Please be aware that days may change, dependent on external provision for PE. You will be informed by your child's class teacher of any changes.

	Indoor	Outdoor
Autumn 1	<p><u>Seated Volleyball</u> Pupils will learn to play the Paralympic sport of Seated Volleyball. They will begin to play competitive games and apply basic principles suitable for attacking and defending. Pupils will begin to develop the skills for playing volleyball, learning to underarm serve over a net, explore rallying and understand how to score points in volleyball.</p> <p>Key Vocabulary: opponent, opposition, height, variation, rallying, forehand, forearm, backhand, focus shots</p>	<p><u>Hockey</u> Pupils will continue to develop their accuracy in dribbling, passing, receiving and shooting the ball. They will develop their understanding of defending and attacking and start to apply rules and tactics to games.</p> <p>Key Vocabulary: shoot, accuracy, footwork, blocking, dodging, opponent, tactics, communicate, field, pitch, court, protect</p>
Autumn 2	<p><u>Dance</u> Pupils will learn to perform dances using a range of movement patterns, using counts to keep in time with a partner.</p> <p>Key Vocabulary Dynamic, communicate, pattern, expression, flow, create, control, acceleration, canon, duet, execution/execute</p>	<p><u>Orienteering</u> Pupils will develop map reading skills, understanding how to read maps from a birds eye view and how to follow a sequence of instructions. Pupils will work collaboratively and reflect on successes and areas for development.</p> <p>Key Vocabulary: rules, route, navigate, grid, discuss, trust, plan, birds eye view, left, right, sequences</p>
Spring 1	<p><u>Gymnastics</u> Pupils will develop flexibility, strength, technique, control and balance. They will know rolls, jumps, shapes and be able to travel in a range of ways, linking actions and performing with increasing coordination, control and confidence.</p> <p>Key Vocabulary: compose, combinations, level, performance, turns, vault, confidence, travelling</p>	<p><u>Tag Rugby</u> Pupils will continue to develop accuracy of sending and receiving a ball, developing skills specific to playing rugby. They will understand the roles of attackers and defenders.</p> <p>Key Vocabulary: shoot, accuracy, footwork, blocking, dodging, opponent, tactics, communicate, field, pitch, protect</p>
Spring 2	<p><u>Badminton</u> Pupils will develop skills with racquet and shuttle, learning to underarm serve over a net, exploring rallies and understand forhand and backhand shots.</p>	<p><u>Basketball</u> Pupils will use running, jumping, throwing and catching in isolation and in combination, playing competitive games and applying basic principles</p>

	<p>Key Vocabulary: opponent, opposition, height, variation, rallying, forehand, forearm, backhand, focus shots</p>	<p>suitable for attacking and defending. They will continue to dribble, pass, receive and shoot with some control.</p> <p>Key Vocabulary shoot, accuracy, footwork, blocking, dodging, opponent, tactics, communicate, field, pitch, court, protect</p>
Summer 1	<p><u>Athletics</u> Pupils will continue to develop their ability to jump for distance. They will learn how to complete relay races and begin to throw a variety of objects for distance. Pupils will use different take offs and landings when jumping and will continue to develop their sprinting technique. They will start to work towards achieving a personal best.</p> <p>Key Vocabulary: relay, action, sprinting, technique, take off, landings</p>	<p><u>Tennis</u> Pupils will learn to underarm serve and they will explore rallying with a forehand. They will develop their ability to hit a ball from both sides of the body and will consider a good place to move to/stand when sending and receiving a ball.</p> <p>Key Vocabulary: Opponent, opposition, height, variation, rallying, forehand, forearm, backhand, focus shots</p>
Summer 2	<p><u>Gymnastics</u> Pupils will develop flexibility, strength, technique, control and balance. They will know rolls, jumps, shapes and be able to travel in a range of ways, linking actions and performing with increasing coordination, control and confidence.</p> <p>Key Vocabulary: compose, combinations, level, performance, turns, vault, confidence, travelling</p>	<p><u>Cricket</u> Pupils will start to use overarm and underarm throwing techniques over a distance and will begin to bowl towards a target. They will learn to strike a ball and will start to move into an appropriate position to catch a ball.</p> <p>Key Vocabulary: Distance, bowl, position, prepare, scoring, bounce, fielding, batting, wicket, backstop, wicket keeper, post</p>