



Year 3 Physical Education Curriculum

	Autumn			
Curriculum focus/links	Travel, locomotion, shape, weight bearing, transferring weight. To explore basic gymnastic body actions, plan and perform basic sequences.	Play in a hockey-type invasion game. Improve game-based agility. Manipulate objects using a stick and ball with safety and control.	Investigate ways of performing running, jumping and throwing activities. Use a variety of equipment to measure, time and compare different styles of runs, jumps and throws.	Handle a rugby ball with confidence. Evade attackers using footwork and body control. Link skills to perform as a team in attack. Use basic game principles of tag rugby and play within simpler rules.
Sport/Games	Gymnastics	Hockey	Volleyball	Tag Rugby
Prior Learning		Can send and receive balls in a variety of ways. Can recall and link combinations of skills, e.g., running with a ball. Refined gross motor skills.	Experienced different types of hitting with hands and racquets. Able to recognise boundaries. Recognised how to score points in a game.	Can send and receive a ball using hands and feet. Refined ways to control bodies and a range of equipment. Recalled and linked combinations of skills, for example, dribbling, passing and running with the ball.
Key Vocabulary	Travel Locomotion Shape Weight bearing Transferring weight Sequences Explore speed Levels Direction Warm-up Mobility Stretching Suppleness Safety Strength Quality Contrast Smoothly Tension	Shoot Defend Attack Block Run Control Receive Pass Teamwork Score Hockey Shaft Foot Space	Hit Return Court Underarm Overarm serve Boundary Seated Inclusive Send Rally Score	Space Accurately Mark Dodge Attack Defend Footwork Possession Evading Close down Sportsmanlike.

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<p>Substantive Concepts</p>	<p>Acquiring and Developing Skills</p> <ul style="list-style-type: none"> • Explore, develop and perform basic actions. • Practice and improve activities, concentrate on quality. <p>Selecting and Applying skills, tactics and compositional ideas</p> <ul style="list-style-type: none"> • Select appropriate actions to create simple sequences. • Use contrasting actions of speed, level, directional etc. <p>Knowledge and Understanding of fitness and health</p> <ul style="list-style-type: none"> • Recognise the effect of exercise on the body. • Understand the importance of safety, suppleness and strength. <p>Evaluating and Improving Performance</p> <ul style="list-style-type: none"> • To describe and talk about their own and other peoples performance. 	<p>To keep close control of the ball using the flat side of the stick.</p> <p>To control the ball and pass it into space.</p> <p>To use a defensive body position.</p> <p>To consistently stop a moving ball ready to pass, move or shoot.</p> <p>To improve our agility and apply it in a game situation.</p> <p>To avoid our feet contacting the ball and apply basic rules to the game.</p>	<p>To send a ball in a seated volleyball position.</p> <p>To receive a high ball over our heads.</p> <p>To serve overarm.</p> <p>Techniques to move in seated volleyball</p> <p>The value of cooperation to achieve a task.</p> <p>To make contacts on the ball before returning overhead.</p>	<p>To use speed to run past defenders.</p> <p>How to use a short pass in a game.</p> <p>To use agility to evade being tagged</p> <p>To understand and apply the tag protocol in game situations.</p> <p>To close down an attacker's space as a defender.</p> <p>To perform a backward pass to continue an attack.</p>
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	Spring			
Curriculum focus/links	Apply facial expressions to music showing emotions such as fear and anger. Begin to use spatial and dynamic choices in work. Offer feedback and respond to feedback.	Develop 3 step rule incorporating bounce. Defend and stop attacks by blocking and intercepting. Pass and move with the ball to set up attacks. Demonstrate and implement the rules of handball.	Travel, locomotion, shape, weight bearing, transferring weight. To explore basic gymnastic body actions, plan and perform basic sequences.	Perform some basic basketball skills, throwing, catching and dribbling. Build attacking/offensive play. Implement some basic rules of basketball.
Sports/Games	Dance	Handball	Gymnastics	Basketball
Prior Learning	Built simple movement patterns from given actions. Composed and linked actions to make simple movement phrases.	Able to show basic passing and catching skills. Have learnt some basic defensive techniques. Can implement some rules of handball.	Explore, develop and perform basic actions. Practise and improve activities, concentrate on quality and control.	Recalled and linked combinations of skills, e.g., dribbling and passing. Selected and applied a small range of tactics. Developed power, agility, coordination and balance over a variety of activities.
Key Vocabulary	Solo Duet Mood Feeling Penguin Musicality Respond Sea Gentle Stormy Floating Spinning Unison Canon Friendship Abandonment	Footwork Foul Free throw Link Teamwork Double dribble 3-step 3-man weave	Travel Locomotion Shape Weight bearing Transferring weight Sequences Explore speed Levels Direction Warm-up Mobility Stretching Suppleness Safety Strength Quality Contrast Smoothly Tension	Control Bounce Shoot Target Assist Jump ball Attack Defend Shoot Offensive

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<p>Substantive Concepts</p>	<p>How to move like Penguin Small. How to move like a polar bear. How to move like a snowman. How to move like the sea using canon. How to make an ending to a dance. How to perform a class dance with beginning, middle and end.</p>	<p>To protect the ball from our opponent after catching it, Basic overarm shooting technique. To build an attack in a team using a 3-man weave. To perform turns on the move to get back and defend. To perform a 7-metre throw with power and accuracy. To use a throw-off to restart a game.</p>	<p>Acquiring and Developing Skills</p> <ul style="list-style-type: none"> • Explore, develop and perform basic actions. • Practice and improve activities, concentrate on quality. <p>Selecting and Applying skills, tactics and compositional ideas</p> <ul style="list-style-type: none"> • Select appropriate actions to create simple sequences. • Use contrasting actions of speed, level, directional etc. <p>Knowledge and Understanding of fitness and health</p> <ul style="list-style-type: none"> • Recognise the effect of exercise on the body. • Understand the importance of safety, suppleness and strength. <p>Evaluating and Improving Performance</p> <ul style="list-style-type: none"> • To describe and talk about their own and other peoples performance. 	<p>To keep possession of the ball when dribbling To work as a pair to move forward and attack. To use a defensive body position. To perform a two-handed shot to score baskets. To use a jump ball to restart a game. When to move to space to receive the all.</p>
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	Summer			
Curriculum focus/links	Control movement in response to instructions. Demonstrate agility and speed. Jump for height and distance. Throw with speed and power and apply appropriate force.	To identify and describe some rules of tennis. Serve to begin a game and explore forehand hitting.	Adhere to some of the basic rules of cricket. Develop a range of skills to use in isolation and a competitive context. Strike a bowled ball.	Control movement in response to instructions. Demonstrate agility and speed. Jump for height and distance. Throw with speed and power and apply appropriate force.
Sports/Games	Quadkids Athletics	Tennis	Cricket	Quadkids Athletics
Prior Learning	Linked running and jumping movements. Move safely around between and over apparatus. Worked with a variety of equipment.	Can make it difficult for their opponent to score a point. Begun to choose specific tactics. Transferred net/wall skills. Improved agility and coordination and use in a game.	Experienced different throwing and catching games. Had the opportunity to hit and strike a ball with racquets and bats. Played in simple, striking and fielding games.	Linked running and jumping movements. Move safely around between and over apparatus. Worked with a variety of equipment.
Key Vocabulary	Run Jump Throw Agility Power Speed Track Force Distance Curve Accelerate Hurdles Pull Record Pace Approach Combine	Hit Return Court Forehand Backhand Bounce Points Score Net Tactics Underarm Overarm	Batting Fielding Bowling Bat Wicket Stump Crease Boundary Run Batsman Bowler Wicketkeeper Innings Forward drive Long barrier Over	Run Jump Throw Agility Power Speed Track Force Distance Curve Accelerate Hurdles Pull Record Pace Approach Combine
Substantive Concepts	Jumping and hopping sequences.	To use the ready position to return a ball.	To hit a stationary ball into space using the straight drive.	Jumping and hopping sequences.

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	<p>To run at different speeds.</p> <p>To approach and jump hurdles.</p> <p>To throw a javelin using the pull-throw technique.</p> <p>A variety of skipping techniques.</p> <p>To keep score accurately over a range of events.</p>	<p>To hit the ball to different parts of the court using a forehand hit.</p> <p>To perform an underarm serve to start a rally.</p> <p>To move towards a ball to return it over the net.</p> <p>To play cooperatively with a partner to keep the ball moving over the net.</p> <p>To perform forehand hits to score points in a competition.</p>	<p>To bowl underarm to a batter with some consistency.</p> <p>To use the correct footwork to strike a bowled ball.</p> <p>To stop a moving ball using the long barrier technique.</p> <p>To throw longer distances overarm.</p> <p>To perform as a wicketkeeper.</p>	<p>To run at different speeds.</p> <p>To approach and jump hurdles.</p> <p>To throw a javelin using the pull-throw technique.</p> <p>A variety of skipping techniques.</p> <p>To keep score accurately over a range of events.</p>
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