

Excellence and Enjoyment, Everyone and Everything. "God created you to be amazing" Ephesians 2:10

Year 3	PE Long Term Overview					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit of work	Hockey (invasion)  Fundamentals	Tag Rugby (invasion)  Gymnastics	Golf (target)  Ball skills	Netball (invasion)  Dance	Rounders (striking and fielding)  OAA	Athletics  Tennis (net and wall)
Values	Friendship and Love		Respect and responsibility		Perseverance and Hope	
Link to NC programme of study	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>♣ use running, jumping, throwing and catching in isolation and in combination</li> <li>♣ play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis), and apply basic principles suitable for attacking and defending</li> <li>♣ develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)</li> <li>♣ perform dances using a range of movement patterns</li> <li>♣ take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>♣ compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <p>3 Swimming and water safety</p> <p>All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> <li>♣ swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>♣ use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)</li> <li>♣ perform safe self-rescue in different water-based situations</li> </ul>					
What we need to know Red Hill Riches	<b>Hockey (Invasion)</b> To know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately.	<b>Tag rugby (invasion)</b> To know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately.	<b>Golf (target)</b> To know that using a bigger swing will give me more power.	<b>Netball (invasion)</b> To know that pointing my hand/foot/stick to my target	<b>Rounders (striking and fielding)</b> To know that striking to space away from fielders will help me to score.	<b>Athletics</b> To know that leaning forwards slightly helps to increase speed.

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	<p>To know that dribbling is an attacking skill which helps us to move towards a goal or away from defenders.</p> <p>To know that by spreading out as a team we move the defenders away from each other.</p> <p>To know my role as an attacker and defender.</p> <p>To know that using simple tactics will help my team to achieve an outcome.</p> <p>To know the rules of the game and begin to apply them.</p> <p style="text-align: center;"><b>Fundamentals</b></p> <p>To know that leaning slightly forwards helps to increase speed.</p> <p>To know that leaning my body in the opposite direction to travel helps to slow down.</p> <p>To know how balance helps us with everyday tasks.</p> <p>To know that if I jump and land in quick succession, momentum will help me to jump further</p>	<p>To know that dribbling is an attacking skill which helps us to move towards a goal or away from defenders.</p> <p>To know that by spreading out as a team we move the defenders away from each other.</p> <p>To know my role as an attacker and defender.</p> <p>To know that using simple tactics will help my team to achieve an outcome.</p> <p>To know the rules of the game and begin to apply them.</p> <p style="text-align: center;"><b>Gymnastics</b></p> <p>To know how to use body tension to make shapes look better.</p> <p>To know that I can make my balances look interesting by using different levels.</p> <p>To know the safety considerations when performing more difficult rolls.</p> <p>To know that I can change the take off and shape of my jumps to make them look interesting.</p>	<p>To know that using simple tactics will help my team to achieve an outcome.</p> <p>To know the rules of the game and begin to apply them.</p> <p style="text-align: center;"><b>Ball skills</b></p> <p>To know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately.</p> <p>To know to move my feet to the ball.</p> <p>To know that using a ready position will help me to react to the ball.</p> <p>To know that dribbling is an attacking skill used in games which helps us to move towards a goal or away from defenders.</p>	<p>on release will help me to send a ball accurately.</p> <p>To know that dribbling is an attacking skill which helps us to move towards a goal or away from defenders.</p> <p>To know that by spreading out as a team we move the defenders away from each other.</p> <p>To know my role as an attacker and defender.</p> <p>To know that using simple tactics will help my team to achieve an outcome.</p> <p>To know the rules of the game and begin to apply them.</p> <p style="text-align: center;"><b>Dance</b></p> <p>To know that sharing ideas with others enables my group to work collaboratively and try ideas before deciding on the best actions</p> <p>To know that all actions can be performed differently to create effects</p> <p>To know that I can use space to help my dance flow.</p> <p>To know that 'formation' means the same in dance as other activities e.g. football, gymnastics.</p>	<p>To know to look at where a batter is before deciding what to do.</p> <p>To know to communicate with teammates before throwing them a ball.</p> <p>To know that overarm throwing is used for long distances and underarm throwing for shorter distances.</p> <p>To know to move my feet to the ball.</p> <p>To know that using simple tactics will help my team to achieve an outcome.</p> <p>To know the rules of the game and begin to apply them.</p> <p style="text-align: center;"><b>OAA</b></p> <p>To know that trying ideas before deciding on a solution will help us to come up with the best idea.</p> <p>To know to hold the map so that the items on the map match up to the items that have been placed out.</p> <p>To know to take turns when giving ideas and not to interrupt each other.</p> <p>To know that using the rules honestly will help to keep myself and others safe.</p>	<p>To know that leaning my body in the opposite direction to travel helps to slow down.</p> <p>To know that if I jump and land in quick succession, the momentum will help me to jump further.</p> <p>To know that the speed of the movement helps to create power when throwing.</p> <p>To know the rules of the event and begin to apply them.</p> <p style="text-align: center;"><b>Tennis (net and wall)</b></p> <p>To know that pointing the racket face/my hand where I want the ball to go and turning my body will help to hit accurately.</p> <p>To know that hitting towards my partner will help them to return the ball easier and keep the rally going.</p> <p>To know that moving to the middle of the court will enable me to cover the most space.</p> <p>To know that using simple tactics will help to achieve an outcome.</p> <p>To know the rules of the game and begin to apply them.</p>
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		To know that if I use different levels it will help to make my sequence look interesting.		To know that I can use timing techniques such as canon and unison to create effect. To know that if I show sensitivity to the music, my performance will look more complete		
<b>Disciplinary Knowledge</b>	<p><b>Hockey (Invasion)</b> To explore sending and receiving abiding by the rules of the game. To explore dribbling the ball abiding by the rules of the game under some pressure. To develop using space as a team. To develop movement skills to lose a defender. To explore shooting actions in a range of invasion games. To develop tracking opponents to limit their scoring opportunities.</p> <p><b>Fundamentals</b> To change direction and show an increase and decrease in speed. To demonstrate balance when performing other fundamental skills.</p>	<p><b>Tag Rugby (Invasion)</b> To explore sending and receiving abiding by the rules of the game. To explore dribbling the ball abiding by the rules of the game under some pressure. To develop using space as a team. To develop movement skills to lose a defender. To explore shooting actions in a range of invasion games. To develop tracking opponents to limit their scoring opportunities.</p> <p><b>Gymnastics</b> To explore matching and contrasting shapes. To explore point and patch balances and transition smoothly into and out of them.</p>	<p><b>Golf (target)</b> To explore throwing at a moving target. To begin to strike a ball with accuracy and balance.</p> <p><b>Ball skills</b> To send a ball with accuracy and increasing consistency to a target. To catch a range of objects with increasing consistency. To track a ball not sent directly. To dribble a ball with hands and feet with control.</p>	<p><b>Netball (invasion)</b> To explore sending and receiving abiding by the rules of the game. To explore dribbling the ball abiding by the rules of the game under some pressure. To develop using space as a team. To develop movement skills to lose a defender. To explore shooting actions in a range of invasion games. To develop tracking opponents to limit their scoring opportunities.</p> <p><b>Dance</b> To create actions in response to a stimulus individually and in groups. To use dynamics to express an idea. To use direction to transition between formations.</p>	<p><b>Rounders (striking and fielding)</b> To begin to strike a bowled ball after a bounce with different equipment. To explore bowling to a target and fielding skills to include a two-handed pick up. To use overarm and underarm throwing in game situations. To catch with some consistency in game situations.</p> <p><b>OAA</b> To discuss how to follow trails and solve problems. To work with others to select appropriate equipment for the task. To identify where I am on a single map. To use and begin to create simple maps and diagrams and follow a trail.</p>	<p><b>Athletics</b> To develop the sprinting technique and apply it to relay events. To develop technique when jumping for distance in a range of approaches and take off positions. To explore the technique for a pull throw.</p> <p><b>Tennis (net and wall)</b> To explore returning a ball using shots such as the forehand and backhand. To explore rallying using a forehand. To consistently use and return to the ready position in between shots.</p>

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	To link jumping and hopping actions.	To develop the straight, barrel and forward roll or progressions towards these rolls. To develop stepping into shape jumps with control.		To develop an understanding of formations. To perform short, self-choreographed phrases showing an awareness of timing.	To follow and give instructions and accept other peoples' ideas.	
<b>Excellence Enjoyment Everyone Everything</b>	<p><b>Excellence</b>- Recognise the excellence of athletes, gymnasts and dancers and the perseverance they demonstrate to succeed at their sport. Recognise the development in their own skill and potential to succeed in physical activity.</p> <p><b>Enjoyment</b>-Enjoy experiences a wide range of sports and physical activity. Enjoy experiencing coaching, visits and trips from professional athletes, professional coaches and inspiring sportspeople.</p> <p><b>Everyone</b>-Everyone is entitled to access to physical activity and the opportunity to compete. Recognise the importance of advances in equality for sport including the Paralympics as well as the prominence over female sport eg. 'This girl can' and The Lionesses</p> <p><b>Everything</b>-Know the rules and techniques involved in a variety of games and sports and develop your skills in each area.</p>					
<b>Vocabulary</b>	dribble shoot opponent opposition grip possession receiver interception attack defence trapping the ball obstruction mark push pass  distance accelerate decelerate control momentum co-ordination stability pace rhythm tension transfer	defence tag opponent opposition score receiver try possession onside dodge outwit mark offside  matching direction contrasting sequence interesting flow control shape create	rules strike least accurately putt target align swing drive course putter chipping club distance tee  track bounce release consistency overhead receive chest select accurate persevere technique control	footwork pivot opponent opposition receiver possession landing foot interception attack defense rebound obstruction contact mark  unison explore create perform timing levels dynamics expression feedback flow actions	strike Fielding stance technique rounder batting retrieve stumped backstop bowl two-handed pick up short barrier post  navigate route collaborate inclusive grid discuss symbol effectively plan rules trust orientate	speed determination control strength pace accurately power personal best further faster  ready position control opponent racket return track rally accurately