

Manor Primary School

PE Year 3 – Gymnastics

Overview of the Learning:

In this unit children focus on improving the quality of their gymnastic movement, *e.g. by stretching fingers and pointing toes*, to help them produce tension and extension. They plan and perform sequences of contrasting actions, and develop flow by linking actions smoothly and planning variations in speed.

In gymnastics as a whole, children use skills and abilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible. This unit lays the foundations for future gymnastic units, in which children will refine and combine their abilities and actions to answer set movement tasks. They will work with a partner on the floor and using apparatus. They will choose and adapt actions from their individual sequences to create sequences together. They will learn that strength and suppleness affect the performance of gymnastic actions, and will know whether or not the layout of apparatus is safe. In all physical education units, children will make simple assessments of their performance based on clear criteria that their teacher gives them.

Core Aims

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Pupils should be taught:

Acquiring and developing skills

- apply and develop a broader range of skills such as running, jumping, throwing and catching in isolation and in combination and develop overall fitness and strength.
- perform dances using a range of movement patterns
-

Selecting and applying skills, tactics and compositional ideas

- apply basic principles suitable for attacking and defending
- use compositional skills to create and perform a range of movement patterns
- solve problems and overcome challenges both as an individual and within a team

Evaluating and improving performance

- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
- compare their performance with previous ones and demonstrate improvement in order to achieve their personal best

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Knowledge and understanding of fitness and health

- be physically active for sustained periods of time
- develop flexibility, strength, stamina to be able to play in games, take part in performances, overcome challenges and achieve personal bests

Expectations

Children can:

- 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.
- enjoy communicating, collaborating and competing with each other.
- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- use running, jumping, throwing and catching in isolation and in combination
- 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
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- perform dances using a range of movement patterns
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PE Year 3 – dance

Overview of the Learning:

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In this unit children will focus on creating characters and narrative through movement and gesture. They gain inspiration from a range of subjects, and work in pairs and small groups. In dance as a whole, children think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. As they work, they develop an awareness of the historical and cultural origins of different dances.

Core Aims

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Pupils should be taught:

Acquiring and developing skills

- apply and develop a broader range of skills such as running, jumping, throwing and catching in isolation and in combination and develop overall fitness and strength.
- perform dances using a range of movement patterns
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Selecting and applying skills, tactics and compositional ideas

- apply basic principles suitable for attacking and defending
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Evaluating and improving performance

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Knowledge and understanding of fitness and health

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Expectations

Children can:

- 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.

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- enjoy communicating, collaborating and competing with each other.
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- perform dances using a range of movement patterns
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Manor Primary School PE Year 3 – Athletics

Overview of the Learning:

In this unit children will explore running, jumping and throwing activities, and take part in simple challenges and competitions, (including sports day). They experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance.

As in all athletic activities, children think about how to achieve the greatest possible speed, height, distance or accuracy.

A focus on TOP Athletics cards: have been designed to help teachers provide interesting activities to enable children to develop personal learning and thinking skills through three athletic themes: RUNNING, JUMPING and THROWING.

Core Aims

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Pupils should be taught:

Acquiring and developing skills

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- engage in competitive sports and activities
- lead healthy, active lives.

Selecting and applying skills, tactics and compositional ideas

- apply basic principles suitable for attacking and defending
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Evaluating and improving performance

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Children can:

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Manor Primary School PE Year 3 – Dodgeball

Overview of the Learning:

In this unit children will learn to develop the fundamentals of Agility, Balance & Coordination. Dodgeball is also a great team sport and teaches children the importance of working together to achieve a common goal. Through the transferable core skills of throwing, catching, running, jumping, dodging and blocking children can soon excel at a sport that is totally inclusive. The children will perform basic skills needed for the net/wall game with increasingly control and consistency. They will understand and use rules and keep games going, and will understand the way they play and how they can improve their skills.

Core Aims

Pupils should be taught:

Acquiring and developing skills

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Selecting and applying skills, tactics and compositional ideas

- apply basic principles suitable for attacking and defending
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Evaluating and improving performance

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- use running, jumping, throwing and catching in isolation and in combination

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- 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
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
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PE Year 3 – Invasion games/multi skills (long unit)

NOTE: for extensions of multi skills see Matalan cards for short term planning and suggested learning opportunities

Overview of the Learning:

In this unit children will learn how to outwit their opponents and score when playing invasion games. They develop skills in finding and using space to keep the ball. They play with the same basic court set-up and rules, but use a range of equipment and skills, including throwing, catching, kicking and striking skills.

In all games activities, children think about how to use skills, strategies and tactics to outwit the opposition. In invasion games, they enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal'. They learn simple attacking tactics using a range of equipment and skills, and start to think about how to organise themselves to defend their goals. They start by playing small, uneven-sided games, and move on to even-sided games.

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Selecting and applying skills, tactics and compositional ideas

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PE Year 3 – net/wall games

Overview of the Learning:

In this unit children will learn to strike a ball with reasonable control and accuracy at a target or over a net. Select and use appropriate basic shots in different situations. Understand simple principles and tactics and use them effectively in a game activity. Play confidently and competitively in small sided games. The children will perform basic skills needed for the

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net/wall game with increasingly control and consistency. They will understand and use rules and keep games going, and will understand the way they play and how they can improve their skills.

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PE Year 3 – Striking and fielding/problem solving

Overview of the Learning:

In this unit children will learn to strike a ball with reasonable control and accuracy at a target or to a person. Select and use appropriate basic shots in different situations. Understand simple principles and tactics and use them effectively in a striking and fielding game. Play confidently and competitively in small sided games. The children will perform basic skills needed for the striking and fielding game with increasingly control and consistency. They will understand and use rules and keep games going, and will understand the way they play and how they can improve their skills.

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