

Physical Education

Throughout the year the children will cover a variety of aspects of the PE curriculum to ensure all children:

- 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.

Autumn 1	<p>Invasion Games Handball</p> <ul style="list-style-type: none">• To understand the role of an attacker when in possession• To develop movement skills to lose a defender• To develop decision making in attack• To understand the role of a defender.• To apply tactics to small, sided games• To apply skills, rules and tactics to play games <p>Dance (Sessions 1-6 Year 3)</p> <ul style="list-style-type: none">• To create actions in response to a stimulus and move in unison with a partner• To create actions to move in contact with a partner or interact with a partner.• To select and link appropriate actions and dynamics to show our dance idea• To remember, repeat and create actions to represent an idea• To share ideas of actions and dynamics to create a dance that shows a location• To use choreographing ideas to develop our dance
Autumn 2	<p>Ball Skills</p> <ul style="list-style-type: none">• To develop dribbling skills with hands and feet• To develop tracking and catching skills.• To develop tracking and throwing skills• To develop tracking and throwing skills• To develop tracking and kicking skills.• To track a ball that is not sent directly to me.• To apply sending and receiving skills in games <p>Gymnastics</p> <ul style="list-style-type: none">• To create interesting point and patch balances.• To develop point and patch balances on apparatus.• To develop stepping into shape jumps with control.• To develop stepping into shape jumps using apparatus• To develop the straight, barrel, and forward roll.• To include rolls in sequence work using apparatus.

Spring 1	<p>Netball</p> <ul style="list-style-type: none"> • To understand the role of an attacker when in possession. • To develop movement skills to lose a defender. • To understand that scoring goals is an attacking skill and learn how to do this. • To understand the role of defender. • To remember that intercepting is a defending skill and explore ways to do this • To apply skills and knowledge to play games using netball rule <p>Dance</p> <ul style="list-style-type: none"> • To use choreographing ideas to develop our dance. • To use straight pathways and clear changes in direction in a line dance. • To use canon and unison to make our line dance look interesting. • To use formations, canon and unison to make our line dance look interesting • To remember, repeat and create actions around a theme • To understand and use formations • To structure a dance to represent a theme
Spring 2	<p>Hockey</p> <ul style="list-style-type: none"> • To send and receive with some control. • To move safely and with control when dribbling. • To develop decision making in attack. • To understand the role of a defender. • To apply tactics to small, sided games • To apply rules, skills and tactics to play in a tournament. <p>Gymnastics</p> <ul style="list-style-type: none"> • To transition smoothly into and out of balances. • To be able to transition smoothly in and out of balances using apparatus. • To create a sequence with matching and contrasting actions and shapes. • To create a sequence on apparatus using matching and contrasting. • To create a partner sequence using equipment. • To create a partner sequence using skills learnt and incorporating apparatus.
Summer 1	<p>Cricket</p> <ul style="list-style-type: none"> • To learn how to score in a striking and fielding game. • To develop batting to score points. • To develop fielding skills to limit the batter's score. • To understand the role of a bowler. • To develop my understanding of tactics and begin to use them. • To apply skills and knowledge to play games using cricket rules <p>Fitness</p> <ul style="list-style-type: none"> • To understand how balance helps us in everyday life • To understand how co-ordination helps us in everyday life. • To understand how strength helps us in everyday life.

	<ul style="list-style-type: none"> • To understand how speed helps us in everyday life. • To understand how agility helps us in everyday life • To understand how stamina helps us in everyday life.
Summer 2	<p>Athletics</p> <ul style="list-style-type: none"> • To develop the sprinting technique and improve on your personal best. • To develop changeover technique in relay event • To develop jumping technique in a range of approaches and take off positions. • To develop throwing for distance and accuracy. • To develop throwing for distance in a pull throw. • To develop officiating and performing skills