**Year 3 P.E. Curriculum – Autumn Term 1**

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| **Theme:** | | | | | | | |
| **Curriculum objectives** | | **Vocabulary** | | | | | **Links across the curriculum** |
| **Fundamentals**  To develop balancing and understand the importance of this skill.  To understand how to change speed and be able to demonstrate good technique when running at different speeds.  To demonstrate a change of speed and direction to outwit others.  To develop technique and control when jumping, hopping and landing.  To develop skipping in a rope.  To apply fundamental skills to a variety of challenges. | | **Keyword** | Definition |  |  | |  |
| Technique | The correct way to perform something |  |  | |
| Fundamental | The basics of something |  |  | |
| agility | How fast you can change direction |  |  | |
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| **Prior Learning:**    **Fundamentals**  To develop balance, stability and landing safely.  To further explore how the body moves differently when running at different speeds.  To develop changing direction and dodging.  To develop and explore jumping, hopping and skipping actions.  To develop co-ordination and combining jumps.  To develop combination jumping and skipping in an individual rope. | | | | **Future Learning:**    **Gymnastics**  To develop individual and partner balances.  To develop control in performing and landing rotation jumps.  To develop the straight, barrel, forward and straddle roll.  To develop the straight, barrel, forward and straddle roll.  To develop strength in inverted movements.  To be able to create a partner sequence to include apparatus.  **Dance**  To copy and create actions in response to an idea and be able to adapt this using changes of space.  To choose actions which relate to the theme.  To develop a dance using matching and mirroring.  To learn and create dance moves in a theme  To develop a carnival dance using formations, canon and unison.  To develop a dance phrase and perform as part of a class performance. | | | |
| **Lesson Sequence** | **Key Knowledge** | | | | | **Key Skills** | |
| To develop balance and apply it to other fundamental skills | Social: To show respect towards others when competing.  Emotional: To challenge myself to work to the best of my ability.  Thinking: To recognise what balance looks like in other FMS. | | | | | •Bend your knees on take off and landing to help you to balance.  •Squeeze your muscles and keep your chest up to help you to balance. | |
| To understand how the body moves differently at different speeds | Social: To listen to others and share ideas.  Emotional: To challenge myself to work hard.  Thinking: To change my speed to be able to run over a period of time. | | | | | Co-ordinate your run by moving alternate arm to leg forwards and backwards.  •Think about how each body part moves for different speeds. | |
| To develop technique when changing speed | Social: To watch my teammates and communicate the technique I see.  Emotional: To persevere when playing games.  Thinking: To use a change of speed to outwit an opponent. | | | | | Lean slightly forward to speed up and slightly back to slow down.  •Stop with balance by putting your weight into the front of your feet. | |
| To develop agility using a change of speed and direction | Social: To play fairly with others.  Emotional: To show honesty when playing games.  Thinking: To create a plan to help me outwit an opponent. | | | | | Transfer your weight from one side to the other.  •Turn your head, shoulders and hips to face the new direction you want to travel in | |
| To develop technique when jumping, hopping and landing | Social: To work safely around others travelling in the same direction when skipping.  Emotional: To work independently when exploring jumping and hopping.  Thinking: To explore ideas and evaluate my findings. | | | | | Bend your knees on take off and landing to help you to balance.  •Keep your chest up. | |
| To apply fundamental skills to a variety of games | Social: To encourage others in my group.  Emotional: To try my best.  Thinking: To listen to the instructions and understand what to do. | | | | | Bend your knees on take off and landing to help you to balance.  •Move your arms faster to help you to move forward quickly.  •Run on the balls of your feet. | |