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

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| **Theme:**  |
| **Curriculum objectives**   | **Vocabulary**   | **Links across the curriculum**   |
|   **Ball Skills**To develop confidence and accuracy when tracking a ball.To explore and develop a variety of throwing techniques. To develop catching skills using one and two hands.To develop dribbling a ball with hands.To use tracking, sending and dribbling skills with feet.     | **Keyword**   | Definition    |  |  |  |
| Dribbling | Moving with the ball at your feet or hands |    |    |
| Co-ordination | Your body working together |    |    |
| Technique | How to do something correctly |    |    |
| tracking | Following the ball in movement |    |    |
|  |  |    |    |
| **Prior Learning:**  **Ball skills**To be able to roll a ball to hit a target.       To develop co-ordination and be able to stop a rolling ball.To develop technique and control when dribbling a ball with your feet.To develop control and technique when kicking a ball.To develop co-ordination and technique when throwing and catching.To develop control and co-ordination when dribbling a ball with your hands. | **Future Learning:**   **Football**To develop controlling the ball and dribbling under pressure.To develop passing to a teammate.To be able to control the ball with different parts of the body.To develop changing direction with the ball using an inside and outside hook.To jockey / track an opponent.To be able to apply the rules and tactics you **Netball**To develop passing and moving and play within the footwork rule.To develop passing and moving towards a goal.To develop movement skills to lose a defender.To be able to defend an opponent and try to win the ball.To develop the shooting action.To develop playing using netball rules.    |
| **Lesson Sequence**   | **Key Knowledge**   | **Key Skills**   |
| To develop dribbling skills with hands and feet |   Social: To be respectful of my opponent.Emotional: To persevere when I find possession tricky.Thinking: To transfer my knowledge of dribbling technique from hands to feet. | •Keep the ball close.•Use different parts of my foot (sole, toe, heel, inside, outside).•Use soft hands and move with the ball. |
| To develop tracking and catching skills | Social: To work as a team to manage the activity.Emotional: To persevere when practising.Thinking: To select the correct catching technique for the situation. | • Eyes focused on the ball.•Apply a ready position - knees bent, feet shoulder width apart, on your toes.•Move your feet to the ball. |
| To develop tracking and throwing skills | Social: To communicate and tell my teammate when and where to throw.Emotional: To remain calm and concentrate when under pressure.Thinking: To make quick decisions. | • Eyes focused on the ball.•Opposite leg to arm forwards. |
| To develop tracking and kicking skills | Social: To communicate well with others in my group.Emotional: To be motivated to achieve my personal best.Thinking: To select the correct amount of power for the distance required. | •Apply a ready position - knees bent, feet shoulder width apart, on your toes.•Keep the ball close. |
| To track a ball that is not sent directly to me | Social: To use communication skills to work as a team.Emotional: To show perseverance as the game gets harder.Thinking: To provide feedback to my partner about the games we have been playing. | •Apply a ready position - knees bent, feet shoulder width apart, on your toes.•Move your feet to the ball.•Wide fingers – vary the type of catch based on the height. |
| To apply sending and receiving skills to a game  | Social: To communicate suitable tactics to my teammate.Emotional: To work independently to manage the games I play.Thinking: To select and apply the best skill for the situation. | •Apply a ready position - knees bent, feet shoulder width apart, on your toes.•Move your feet to the ball.•Wide fingers – vary the type of catch based on the height. |