

Year Three: Autumn One

Topic title: Fundamental Movement Skills

Prior learning:

- Show balance and coordination when running at different speeds, regularly avoiding peers and using effective technique.
- Connect running and jumping movements with some control and balance.
- Show hopping and jumping movements with some balance and control, demonstrating an awareness of technique.
- Show some understanding of different throws.
- Show control and balance when travelling at different speeds.
- Demonstrate balance and coordination when changing direction.
- Demonstrate coordination with increased control, with and without equipment

Future learning:

- Consistently show balance, coordination and technique when running at different speeds, stopping with control, and consistently avoiding peers.
- Show hopping and jumping actions, including running as transition in between, attempting different take offs and landings, while maintaining balance.
- Jump for distance and height, showing balance and control.
- Throw with some accuracy and power towards a target area.
- Demonstrate good balance when performing other fundamental skills.
- Show balance when changing direction at speed in combination with other skills.
- Begin to coordinate their body at speed in response to a task.

Knowledge:

- Have the knowledge to refine jumping techniques and introduce basic plyometric exercises.
- Have the knowledge to refine running technique and introduce basic sprinting skills.
- Learn coordination skills and introduce more complex movement patterns.

Skills:

- Demonstrate proper running posture with a forward lean and relaxed shoulders.
- Increase running speed over short distances with controlled movements.
- Participate in sprinting drills focusing on acceleration and deceleration.
- Refine jumping techniques and introduce basic plyometric exercises.
- Perform basic plyometric exercises such as jump squats or box jumps with control.
- Demonstrate proper landing technique, including bending the knees absorbing impact. Participate in jumping drills focusing on vertical and horizontal explosiveness.
- Perform more complex locomotor movements with coordination, such as galloping or jumping jacks.
- Demonstrate improved coordination between upper and lower body movements.
- Refine static balance skills and introduce dynamic balance activities.
- Maintain balance while performing dynamic movements such as lunges or squats.
- Refine agility skills and introduce more complex movement patterns.
- Refine throwing and catching skills and introduce more complex techniques.

Year Three: Autumn Two

Topic title: Dance Space

Prior learning:

- Copy, remember and repeat a series of actions.
- Select from a wider range of actions in relation to a stimulus.
- Use pathways, levels, shapes, directions, speeds and timing with guidance.
- Use mirroring and unison when completing actions with a partner.
- Show a character through actions, dynamics and expression.
- Use counts with help to stay in time with the music.

Future learning:

- Copy, remember and adapt set choreography.
- Choreograph considering structure individually, with a partner and in a group.
- Use action and reaction to represent an idea.
- Change dynamics to express changes in character or narrative.
- Use counts when choreographing short phrases.

Knowledge:

- To understand what the word unison means and how it is applied in dance.
- To introduce the theme of space and start to explore it in detail.
- To show an understanding of how to use unison within a creative activity.
- To understand the meaning of canon in dance and how it is used.
- To understand dance sequences and how they can be created within the lesson.
- Understand basic rhythm and how counts within dance are used.
- To explore different levels and how they can be used within a dance.
- To explore different types of jumps and how we jump safely.
- To understand the meaning of the term formation and how it can be applied to the current dance routine.
- To show an understanding of how different formations can be used to change the overall dynamics of a dance.

Skills:

- To focus and engage throughout the lesson.
- To explore and demonstrate the use of canon when working together in small groups.
- To create short dance sequences in groups or pairs that link to the theme of space.
- To practice basic rhythms as a class and then apply the rhythm practice to any independent work within the class.
- To use different levels within the choreography and explore how different levels can change the dynamics of dance.
- To demonstrate jumping safely both whilst practicing and performing.
- To work on developing short sequences within groups.
- To show excellent teamwork when choreographing sequences within the group.
- Dancing in different directions.
- Create their own improvisation.

Year Three: Spring One

Topic title: Gymnastics

Enquiry question:

Prior learning:

Be able to perform balances on different body parts with some balance and control. Copy, remember, repeat and plan linking basic actions while showing some control and technique.

Future learning:

Demonstrate increasing control, strength, and technique when taking their own and others' weight in balances and actions. Plan and perform sequences that flow while showing control and technique with and without a partner.

Knowledge:

- € To learn and remember the seven gymnastic positions.
- € Learn five different gymnastic balances.
- € Create a variety of partner balances.
- € Know how to correctly jump off a balance beam with a good landing shape.
- € Be able to create routines.
- € Watch other routines and develop peer assessment skills.

Skills:

- € Be able to perform a stretch shape, star shape, tuck shape, straddle shape, pike shape, dish shape and arch shape.
- € Also perform the above as jumps.
- € Develop balance.
- € Create a variety of partner balances.
- € Travel in different ways on the floor and on level, or sloped balance beam.
- € Confidently perform a routine.
- € Jump off the vaults landing safely and correctly.

Topic title: Invasion Games

Prior learning:

Have the skills to be able to dribble a ball.
Know some techniques of how to throw and roll towards a target. Run, stop and change direction with balance and control.

Future learning:

Have increasingly more success in game situations and when catching and passing the ball.

Knowledge:

Basketball -

Have a basic understanding of the scoring system in basketball.
Recognise why it's important to pass the ball quickly to a teammate.

Hockey -

How to work within a team to be able to keep possession of the ball.
Develop their understanding and knowledge of how to shoot correctly.

Rugby -

Develop a general understanding of the different skills required in rugby.

Netball -

Develop a general understanding of the different skills required in rugby.
Develop their understanding and knowledge of how to shoot correctly.

Football -

Have an understanding of the different skills involved when playing football.
Knowing how to defend both sides of the goal effectively.

Handball -

Understand when to use a jump shot in a game situation.
Begin to learn basic handball rules.

Skills:

Basketball -

Be able to play a small sided game of basketball, correctly scoring each successful shot.

Be able to see teammates in an open space and quickly and successfully perform a pass.

Hockey -

Successfully completed 5 passes in a row as a team without losing possession of the ball.

To perform and accurately replicate the correct techniques to shoot a ball.

Rugby -

Confidently pass and catch the ball using two hands, stationary and dynamically.

Demonstrate a low, balanced body position which can be progressed into completing a full tackle.

Netball

To demonstrate control and accuracy of passing and catching.

To improve footwork that can be used during a game situation.

Be able to pass the ball 5 times without the ball being intercepted.

Demonstrate landing and pivoting skills.

Football -

Be able to perform the basic football skills of, passing, receiving, dribbling, shooting and tackling.

Be able to incorporate all of the football skills into a small sided game.

Handball -

Perform a jump shot whilst scoring to get closer to the goal.

Understand that when moving in handball the ball needs to be bounced every 3 steps.

Topic title: Multi Sports

Prior learning:

Dribble a ball with 2 hands on the move.
Dribble a ball with some success stopping it when required.
Throw and roll towards a target using varying techniques with some success.
Show balance when kicking towards a target.
Catch an object passed to them, with and without a bounce.
Move to track a ball and stop it using feet with limited success.
Strike a bat using a racket.
Run, stop and change direction with balance and control.
Move to a space to help score goals or limit others' scoring.
Use simple tactics.

Future learning:

Link dribbling the ball with other actions with increasing control.
Change direction when dribbling with feet with some control in game situations.
Use a variety of throwing techniques with increasing success in game situations.
Kick with increasing success in game situations.
Catch a ball passed to them using one and two hands with increasing success.
Receive a ball sent to them using different parts of the foot under pressure.

Knowledge:

Rugby -

- Know the body position needed to make a successful tackle without contacting the opposition player.
- Learn the difference between grubber and chip kick.

Basketball -

- Learn when to use different types of passes.
- Begin to understand defending tactics.
- Understand when a bounce pass or overhead pass is more beneficial than a chest pass.
- Learn how to effectively mark a player and understand why we do it.

Hockey -

- Learn how to defend the ball.
- Learn how to pass the ball with control

Skills:

Rugby -

- Catch and pass the ball using 10 points of contact.
- Create a target by placing the hands in a W shape.
- Confidently catch and pass the ball from both pockets and stationary and dynamic.
- Catch the ball in the hands without using the chest.

Basketball -

- Be able to shoot in a height appropriate net.
- Be able to aim for the backboard when shooting.

Hockey -

- Be able to stop the ball with control and then be able to pass or dribble once gained possession.
- Practice passing the ball to stationary targets and progress onto moving.
- Be able to put strategies into a game and have designated roles for each player depending on their strengths.

Year Three: Summer Two

Topic title: Athletics

Prior learning:

- Show balance and coordination when running at different speeds, regularly avoiding peers and using effective technique.
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- Show some understanding of different throws.
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- Begin to coordinate their body at speed in response to a task.

Knowledge:

- Explore different types of throws, including overarm and underarm throws.
- Think about what throwing strategies can achieve greater distance or accuracy.
- Explore different long-distance running techniques.
- Understand the concept of pacing and race strategy.

Skills:

- Develop sprinting techniques such as stride length and frequency.
- Practice sprinting over short distances with proper form.
- Explore different types of jumps, including broad jump and running jumps such as long jump and triple jump.
- Develop jumping strategies to maximise distance of height.
- Mastery of basic long-distance running techniques.
- Continue to improve sprinting, jumping and throwing.