

## Year 3

### Spring Term

Dance



Athletics  
Indoor/Outdoor

#### Dance

##### PE skills for this unit

###### Age Related Expectations:

- Beginning to improvise independently to create a simple dance.
- Beginning to improvise with a partner to create a simple dance.
- Translates ideas from stimuli into movement with support.
- Beginning to compare and adapt movements and motifs to create a larger sequence.
- Uses simple dance vocabulary to compare and improve work.

###### Knowledge for this unit

- The importance of listening to the beat of the music
- Interpreting the music to use the appropriate moves.
- Use of imagination, stimulus or video provided.
- Communicate effectively to produce good ideas
- Understand the members of the group's strengths and weaknesses.
- Appreciate aesthetically pleasing performances.

###### Previous learning:

- Copies and explores basic movements with clear control.
- Varies levels and speed in sequence
- Can vary the size of their body shapes
- Add change of direction to a sequence
- Uses space well and negotiates space clearly.
- Can describe a short dance using appropriate vocabulary.
- Responds imaginatively to stimuli.

###### Vocabulary

- Individual moves
- Cannon movement
- Group movement
- Partner movement

## Indoor and Outdoor Athletics

### PE skills for this unit

#### Age Related Expectations:

- Beginning to run at speeds appropriate for the distance, e.g. sprinting and cross country.
- Can perform a running jump with some accuracy
- Performs a variety of throws using a selection of equipment.
- Can use equipment safely and with good control.

#### Knowledge for this unit

- Differences of short and long distances.
- Speed required when approaching jumps.
- Strong leg for take offs.
- Dominant hand for throwing.
- Leg action and arm action combination to achieve better performances.
- Understanding winning and losing - each individual has strengths and weaknesses and the need to appreciate them all.
- Learning to celebrate a win and realising that not coming first is not losing.
- Understanding the benefit of exercise.

#### Previous learning:

- Changes speed and direction whilst running.
- Jumps from a standing position with accuracy.
- Performs a variety of throws with control and co-ordination.
- Uses equipment safely

#### Vocabulary

- Shotput, javelin, sprint, triple jump,