

Year 3

Autumn Term

Ball Skills

Footballs, basket balls,  
hockey balls and sticks



Gymnastics

Conditioned Phase 1

Ball Skills - Footballs, basket balls, hockey balls and sticks

PE skills for this unit

Age Related Expectations:

- Understands tactics and composition by starting to vary how they respond.
- Vary skills, actions and ideas and link these in ways that suit the games activity.
- Beginning to communicate with others during game situations.
- Uses skills with co-ordination and control.
- Makes imaginative pathways using equipment.
- Works well in a group to develop various games.
- Beginning to understand how to compete with each other in a controlled manner.
- Beginning to select resources independently to carry out different skills.

Knowledge for this unit

- Principles of different throws, e.g. shoulder, chest, bounce.
- Catching a ball and bringing it into the chest.
- Preparation to receive pass - be ready with hands.
- Using strong hand/ foot for throws, dribbling.
- Being aware of partner and/or others around you.
- Use of space, passing with control and accuracy.
- Hands in the correct position on a hockey stick for dribbling and passing.

Previous learning:

- Confident to send the ball to others in a range of ways.
- Beginning to apply and combine a variety of skills (to a game situation)
- Develop strong spatial awareness.
- Beginning to develop own games with peers.
- Understand the importance of rules in games.
- Develop simple tactics and use them appropriately.
- Beginning to develop an understanding of attacking/defending

<ul style="list-style-type: none"> <li>• Ball hip height for dribbling in basketball.</li> <li>• Control</li> <li>• Teamwork and communication skills</li> <li>• Understanding fair play</li> <li>• Understanding the reason behind what action is best for a specific sport.</li> </ul>	<p><b>Vocabulary</b></p> <ul style="list-style-type: none"> <li>• Control</li> <li>• Keep eye on the ball</li> <li>• Bring it in</li> </ul>
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## Gymnastics - Conditioned Phase 1

<p><u>PE skills for this unit</u></p>	
<p><b>Age Related Expectations:</b></p> <ul style="list-style-type: none"> <li>• Applies compositional ideas independently and with others to create a sequence.</li> <li>• Copies, explores and remembers a variety of movements and uses these to create their own sequence.</li> <li>• Describes their own work using simple gym vocabulary.</li> <li>• Beginning to notice similarities and differences between sequences.</li> <li>• Uses turns whilst travelling in a variety of ways.</li> <li>• Beginning to show flexibility in movements</li> <li>• Beginning to develop good technique when travelling, balancing, shoulder stands and donkey kicks</li> </ul>	
<p><b>Knowledge for this unit</b></p> <p>The importance of:</p> <ul style="list-style-type: none"> <li>• Body tension</li> <li>• Balance</li> <li>• Pointed toes</li> <li>• Straight legs</li> <li>• Focus</li> </ul> <p>Appreciate the presentation of work produced on all levels of peers' ability.</p> <p>Ability to assess others' routines</p>	<p><b>Previous learning:</b></p> <ul style="list-style-type: none"> <li>• Explores and creates different pathways and patterns.</li> <li>• Link movements together to create a sequence, e .g. arabesque, basic jumps.</li> </ul> <p><b>Vocabulary</b></p> <ul style="list-style-type: none"> <li>• Quality of moves</li> </ul>