

Subject: Physical Education	Year group: Year 3	Topic: imove Agility & Coordination	Initiation & activation activities:
<p>Prior knowledge required: they are able to:  master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities  participate in team games, developing simple tactics for attacking and defending  perform dances using simple movement patterns.</p>		Vocabulary: speed, pace, walk, speed walk, jog, jump, pace, speed, gears, relays, triple jump, mirror, copy, shadow, hop, bound, power, triple jump, combination jump, fluency, strength, control, level, direction, laps	
Programme of Study	Implementation:	Impact –lesson sequence:	Evaluations and assessments:
<ul style="list-style-type: none"> <li>• use running, jumping, throwing and catching in isolation and in combination</li> <li>• play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>• develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>• perform dances using a range of movement patterns</li> <li>• take part in outdoor and adventurous activity challenges both individually and within a team</li> </ul>	<ul style="list-style-type: none"> <li>• Can they show control and consistency while performing.</li> <li>• SEN/Support Can they perform a sequence of movements with some changes in level, direction or speed.</li> <li>• Can they show good control and consistency while performing a range of skills.</li> <li>• <b>GD</b> - Can they link actions together with fluency, strength and control.</li> <li>• Can they show controlled movements while performing a range of skills.</li> <li>• Can they demonstrate agility &amp; fitness - reaction &amp; response , jumping &amp; landing</li> <li>• Can they demonstrate an awareness of speed and pace, as well as developing and practising fluency in running, walking and jumping skills.</li> <li>• Can they demonstrate a range of jumping techniques developing power, control, consistency and how to control landing.</li> <li>• Can they demonstrate different combinations of jumps; developing fluency and control in putting together jumps.</li> <li>• Can they demonstrate an awareness of speed and pace, as well as developing and practising fluency in running, walking and jumping skills.</li> </ul>		

- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

*SWIMMING IS TAUGHT ON  
SITE AT OUR MIDDLE  
SCHOOL*

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