

Subject: Physical Education	Year group: Year 3	Topic: Pilates	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>		<p>Vocabulary:  focus, precise, breathe, flow, centre, control, neutral core, forward flexion, lateral flexion, extension, rotation,, mobilising, breathing, stretching, concentrating.</p>	<p>bend forwards,  bend backwards,  twist sideways,  bend sideways,  neutral spine,  stretch, core,</p>
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> <li>• compare their performances with previous ones and demonstrate improvement</li> </ul>	<ul style="list-style-type: none"> <li>• Can they/do they:</li> <li>• Perform simple Pilates moves and everyday tasks with correct posture and alignment.</li> <li>• Move with careful control, precision, and coordination.</li> <li>• Know, understand, and show movements to demonstrate the planes of movement and positions of the spine.</li> <li>• Make suggestions on how to improve my performance and performances of others.</li> </ul>		

to achieve their personal  
best.

*SWIMMING IS TAUGHT ON SITE  
AT OUR MIDDLE SCHOOL*

--

--

--