

Subject: Physical Education	Year group: Year 3	Topic: iexercise Health & Fitness	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: balance, posture, forwards, backwards, sideways, hand-eye & foot-eye coordination, send, receive, position, strike, hurdle	
Programme of Study	Implementation:	Impact –lesson sequence:	Evaluations and assessments:
<ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • 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 • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • perform dances using a range of movement patterns • take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement 	<ul style="list-style-type: none"> • Can they describe how and why the body changes during exercise and why it's important. • Can they explain how to look after and maintain a healthy body. • SEN/Supported - Can they use suitable equipment appropriately and move and land safely. • GD - Can they describe what it means to be fit and healthy, and why it is important to look after your body. • Can they demonstrate fluid and speedy transitions • Can they maintain balance and posture while traversing in a set way. • Can they hold the correct stance while sending and receiving from various positions. • Can they move within a space while using equipment safely. • Can they dodge equipment by adjusting their movements and tracking the equipment's flight. • Can they demonstrate fast movements including changing direction to receive equipment on the move. 		

to achieve their personal best. <i>SWIMMING IS TAUGHT ON SITE AT OUR MIDDLE SCHOOL</i>			
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