

Subject: Physical Education	Year group: Year 3	Topic: ipractise Resilience & Persistence	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: target, goal, personal best, slalom, avoid, pass, sideways, backwards, dribble, evasion, dodging, end zone, evade, defender, garland pose, eagle pose, ready position, under arm, forehand	
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>• SEN/Support - can they set a PB and attempt to better that score.</li> <li>• Can they set a PB, analyse how they might be able to improve it - and try to beat it.</li> <li>• <b>GD</b>- Set a PB, analyse their strengths and weaknesses, adapt their style accordingly and react positively through adversity.</li> <li>• Can they show perseverance and resilience when trying something new</li> <li>• Can they demonstrate understanding and develop how to move correctly holding or in control of equipment.</li> <li>• Can they demonstrate movement and evasion skills to move into space, away from a defender.</li> <li>• Can they demonstrate strength and balance and hand-eye coordination.</li> <li>• Can they move into the correct position to return a shot in net/wall games while maintaining balance.</li> <li>• Can they move correctly, maintaining balance and start to use the forehand technique.</li> </ul>		

<ul style="list-style-type: none"><li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li></ul> <p><i>SWIMMING IS TAUGHT ON SITE AT OUR MIDDLE SCHOOL</i></p>			
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