

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>		<p>Vocabulary: balance, posture, forwards, backwards, sideways, hand-eye &amp; foot-eye coordination, send, receive, position, strike, hurdle</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 describe how and why the body changes during exercise and why it's important.</li> <li>• Can they explain how to look after and maintain a healthy body.</li> <li>• SEN/Supported - Can they use suitable equipment appropriately and move and land safely.</li> <li>• <b>GD</b> - Can they describe what it means to be fit and healthy, and why it is important to look after your body.</li> <li>• Can they demonstrate fluid and speedy transitions</li> <li>• Can they maintain balance and posture while traversing in a set way.</li> <li>• Can they hold the correct stance while sending and receiving from various positions.</li> <li>• Can they move within a space while using equipment safely.</li> <li>• Can they dodge equipment by adjusting their movements and tracking the equipment's flight.</li> <li>• Can they demonstrate fast movements including changing direction to receive equipment on the move.</li> </ul>		

to achieve their personal  
best.

*SWIMMING IS TAUGHT ON  
SITE AT OUR MIDDLE  
SCHOOL*