

Subject: Physical Education	Year group: Year 3	Topic: Yoga	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, control, strength, flexibility, stretch,	
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 to achieve their personal best.</li> </ul> <p><i>SWIMMING IS TAUGHT ON SITE AT OUR MIDDLE SCHOOL</i></p>	<ul style="list-style-type: none"> <li>• Can they:</li> <li>• Link several movements together to form a sequence, remember the movement order and perform the sequence.</li> <li>• Demonstrate precision of movement and coordination.</li> </ul>		

