

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 coordination, 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"> • 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/do they: • Perform simple Pilates moves and everyday tasks with correct posture and alignment. • Move with careful control, precision, and coordination. • Know, understand, and show movements to demonstrate the planes of movement and positions of the spine. • Make suggestions on how to improve my performance and performances of others. 		

to achieve their personal
best.

*SWIMMING IS TAUGHT ON SITE
AT OUR MIDDLE SCHOOL*

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