



Physical Education

Cricket Year 3

Unit Purpose

The unit of work will **explore** how to **apply** the principles of **attack** vs **defence** in a cricket context. Pupils will learn how to utilise fielding skills to keep the batter's score as low as possible. Pupils will also explore batting skills to **outwit** the fielders and score as many runs (points) as possible.

Inspire Me

Sachin Tendulkar or the Little Master is a former Indian cricketer and the highest run scorer of all time in international cricket. He is the only player to have scored one hundred international centuries.



Key Success Criteria

- P** Pupils will develop their throwing, catching and batting skills to outwit their opponents and win the game.
- C** Pupils will demonstrate a growing understanding of the difference between attack and defence (batting and fielding).
- S** Pupils will develop life skills such as respect and cooperation as they collaborate with others including their opponents.
- W** Pupils will apply their skills with developing confidence as they grow in their ability to show self motivation and determination.

Vocabulary for Learning

Throwing: means using your arm/hand to propel a ball with force through the air to a specific target or area.

Catching: means receiving and holding the ball with our hands when the ball has been hit or thrown to us. This includes holding onto a ball struck by a batter before it touches the ground.

Outwit: means using your intelligence to trick or out smart your opponent or the other team.

Strike: means hitting the ball with a bat with the purpose of scoring runs.



Sport Specific Vocabulary

Batting: Batting is the skill of hitting a ball with a bat into a space to score runs. The aim of the game for the batter (attacking team) is to score as many runs as possible.

Fielder: A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to keep the batters score as low as possible.

Out: is a form of dismissal which occurs when the batters period of batting is brought to an end by the opposing team.





Physical Education

Gymnastics Year 3

Unit Purpose

The unit of work will focus on exploring movements and balances in **symmetrical** and **asymmetrical** ways.

Pupils will create **sequences** starting with their symmetrical balance on apparatus, moving out of it and travelling to a new piece of apparatus and ending in their asymmetrical balances applying **flow**.

Inspire Me

Simone Biles is an American gymnast, five-time world champion and one of the most decorated gymnasts of all times. At the 2016 Olympic games Biles won 5 medals including four golds.



Key Success Criteria

- P** Pupils will execute 'excellent' balances and movements in both symmetrical and asymmetrical ways. Pupils will be able to link these movements and balances together.
- C** Pupils will develop life skills such as resourcefulness and evaluation as they create their sequences in pairs, making any adaptations when necessary.
- S** Pupils will collaborate showing cooperation skills with their partner as they work together to create their sequences and share apparatus space with others.
- W** Pupils will develop their resilience and ability to remain self motivated as they strive to improve their sequences even when they find it hard.

Vocabulary for Learning

Excellent gymnastics: 'Excellent' refers to when pupils are being silent, extending their fingers and toes and when they make a shape/balance are able to hold it still for at least 4 seconds.

Linking: This means successfully adding two movements together so that they flow one after the other.

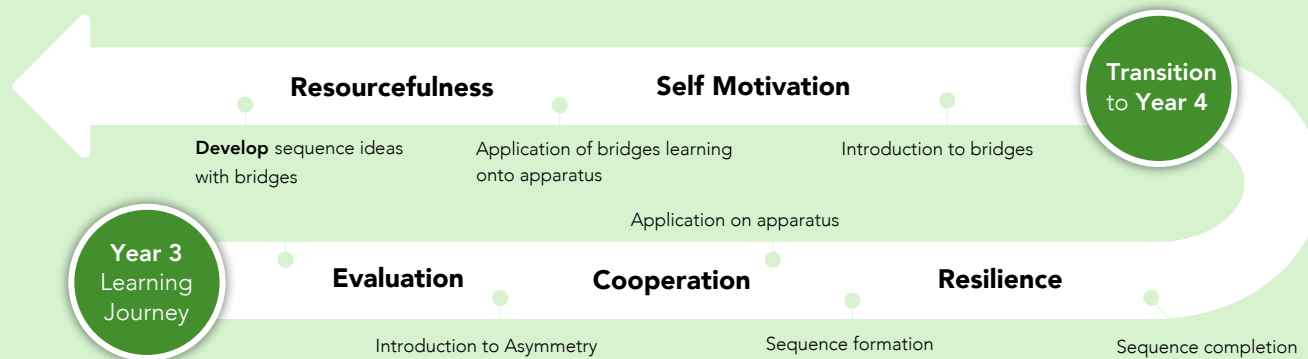
Flow: This is when a gymnast moves from one action to another without stopping.

Interesting: This means pupils are thinking and being creative. This includes adding different levels and different connection points to their balances and/or movements.

Extension: This is when pupils are pointing (extending) their fingers and toes when moving or holding a balance.

Symmetrical: Symmetry occurs when a balance or a movement is identical on either side.

Asymmetrical: Asymmetry means when a balance or a movement does not match on either side.





Physical Education

Netball Year 3

Unit Purpose

The unit of work will **explore** how to **apply** the principles of **attack** vs **defence**, with a particular focus on passing and moving.

Pupils will learn how to keep **possession** and eventually score in order to win a modified game.

Inspire Me

Serena Monique Guthrie MBE is a netball player from Jersey who plays internationally for England. She plays in the Centre and Wing Defence positions. She is a dynamic player, known for her speed and athleticism.



Key Success Criteria

- P** Pupils will develop their passing and moving skills to outwit their opponents and keep possession of the ball.
- C** Pupils will apply an understanding of where, when and why we pass and move, in order to score points against another team.
- S** Pupils will develop life skills such as respect and communication as they collaborate with others including their opponents.
- W** Pupils will apply their skills with developing confidence as they grow in their ability to show resilience and determination.

Vocabulary for Learning

Attacker: We are considered an 'attacker' when we are in possession of the ball or in control of the ball. A player whose task is to attack the opposition in an attempt to score. Space for one more line!

Defender: We are considered a 'defender' when we are not in possession of the ball or when the ball is not in our control. A player whose task it is to prevent the opposition scoring and to regain possession.

Possession: Is when we have physical control of the ball or other implement of play. This could be when working individually or as part of a team. It is when we have 'possession' that we can create the opportunity to score.



Sport Specific Vocabulary

Chest Pass: Is thrown by gripping the ball on the sides with the thumbs directly behind the ball. When using a chest pass, the passer should strive to throw the ball to the receiver's chest level.

Footwork: A player can receive the ball with both feet grounded or jump to catch the ball and land on two feet simultaneously. The landing foot cannot be moved, other than to pivot on the spot, whilst the other foot can be moved in any direction.





Physical Education

Dodgeball Year 3

Unit Purpose

The unit of work will **explore** how to **apply** the principles of **attack** vs **defence** in dodgeball.

Pupils will **develop** an understanding of when, where and why we need to dodge, throw, catch and change direction during a game.

Inspire Me

Dodgeball originated in Africa where players would throw rocks at each other with the intention of incapacitating their opponents. Thankfully dodgeball is now played with a softball that when it hits you doesn't hurt!



Key Success Criteria

- P** Pupils will develop their dodging, throwing and catching skills to outwit their opponents and win the game.
- C** Pupils will apply an understanding of where, when and why we dodge, throw and catch, in order to beat an opponent.
- S** Pupils will develop life skills such as respect and cooperation as they collaborate with others including their opponents.
- W** Pupils will apply their skills with developing confidence as they grow in their ability to show integrity and take responsibility leading others.

Vocabulary for Learning

Attacker: We are considered an 'attacker' when we are in possession of the ball or when we throw the ball. The aim of the game for the attackers is to throw their ball hitting an opponent.

Defender: We are considered a 'defender' when we are not in possession of the ball or when the ball is not in our control. The aim of the defenders is to avoid being hit by the ball.

Possession: Is when we have physical control of the ball. This could be when working individually or as part of a team. It is when we have 'possession' that we can create the opportunity to throw the ball towards the opposition.



Sport Specific Vocabulary

Dodge: is a method of moving quickly from one side to the other to avoid being hit by a ball.

Throwing: means using your arm/hand to propel a ball with force through the air towards a specific target.

Catching: means successfully holding a ball with our hands that has been thrown towards us.





Physical Education

Football Year 3

Unit Purpose

The unit of work will **explore** how to **apply** the principles of **attack** vs **defence**, with a particular focus on passing and moving and dribbling.

Pupils will learn how to keep **possession** and eventually score in order to win a modified game.

Inspire Me

Did you know ... former professional football Gary Linker never received a yellow card in his career. He played over 460 clubs games and 80 times for England, meaning he was always on his best behaviour!



Key Success Criteria

- P** Pupils will develop their passing and moving and dribbling skills to outwit their opponents and keep possession of the ball.
- C** Pupils will apply an understanding of where, when and why we pass, move and dribble in order to score points against another team.
- S** Pupils will develop life skills such as respect and communication as they collaborate with others including their opponents.
- W** Pupils will apply their skills while developing confidence as they grow in their ability to show resilience and self motivation.

Vocabulary for Learning

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball. The aim of the game for the attackers is to score, keep possession and score a goal.

Defender: We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to prevent the opposition from scoring a goal

Space: is an open area on the pitch that is unoccupied by a defender or the defending team. The team in possession of the ball need to identify open spaces to move into to enable them to create opportunities to score a goal.

Possession: is when we have physical control of the ball. This could be when working individually or as part of a team. It is when we have 'possession' that we can create the opportunity to score a goal.



Sport Specific Vocabulary

Free Kick: A free kick is a method of restarting the game following an offence committed by the opposing side outside of the penalty area.

Penalty: A penalty kick is a method of restarting the game following an offence committed by the opposing side inside the penalty area.

