



Physical Education

Communication and Tactics Year 3

Unit Purpose

The unit of work will **explore** what makes an **effective team** through different problem-solving **challenges**. Throughout the unit, there will be a focus on pupils **developing** their **communication** skills, essential to working within a team to complete the activities.

Inspire Me

Did you know... the on field referee in rugby may need to verbally communicate with the video referee. It is important that information communicated is clear and accurate to ensure the correct decision is made.



Key Success Criteria

- P** Pupils will work within teams to complete the different problem solving challenges successfully.
- C** Pupils will apply an understanding of what makes an effective team and understand how important their role is within the team.
- S** Pupils will develop life skills such as collaboration and communication as they apply both speaking and listening skills within their teams.
- W** Pupils will develop their ability to remain positive and try their best in every challenge. They will begin to show leadership attributes.

Vocabulary for Learning

Communication: is the method of transferring information from one person or a group to another. Types of communication include: verbal, nonverbal, written and visual.

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attaining a certain goal.

Teamwork: Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.

Strategy: is a planned set of actions that are used by a team or individual to achieve a long-term goal. We plan a strategy and then use specific tactics to help us achieve our goal.

Sport Specific Vocabulary

Attacker: We are considered an 'attacker' when we or our team are trying to capture the flag. The aim of the game for the attackers is to capture the flag to score a point.

Defender: We are considered a 'defender' when we are trying to tag the other team, trying to prevent them from taking a flag.

Tag: is the method applied by the defending team to stop the attackers from capturing the flag.





Physical Education

Dance: Weather

Unit Purpose

The unit of work will challenge pupils to respond to different stimuli, being able to add drama and **emotion** to the dance.

Pupils will create a performance which will include; **stage presence, timing, rhythm** and sustaining **character**.

Inspire Me

Did you know... Death Valley (USA) holds the record for the hottest temperature ever recorded on Earth, which is 56.7 degrees. The lowest temperature ever recorded on Earth is -89.2 °C in Antarctica.



Key Success Criteria

- P** Pupils will ensure that their movements are big and clear, they will perform with expression and emotion as they tell a story.
- C** Pupils will understand what makes an 'excellent dance'. Pupils will apply creativity as they try a range of movement options.
- S** Pupils will apply life skills such as cooperation and encouragement as they work successfully with their partner to execute their sequences in unison.
- W** Pupils will strive to ensure their sequences are performed precisely and accurately showing self motivation to want to improve.

Vocabulary for Learning

Excellent Dancers: Excellent dancers interpret the music, perform with good timing and musicality, show expression and creativity and are able to choreograph.

Expression: refers to the actions a dancer uses to make their characters thoughts or feelings known.

Creativity: refers to pupils using their imagination or original ideas when performing their dance actions.

Emotion: refers to the feelings a dancer's character is feeling depending on their circumstances, mood, or relationships with others.



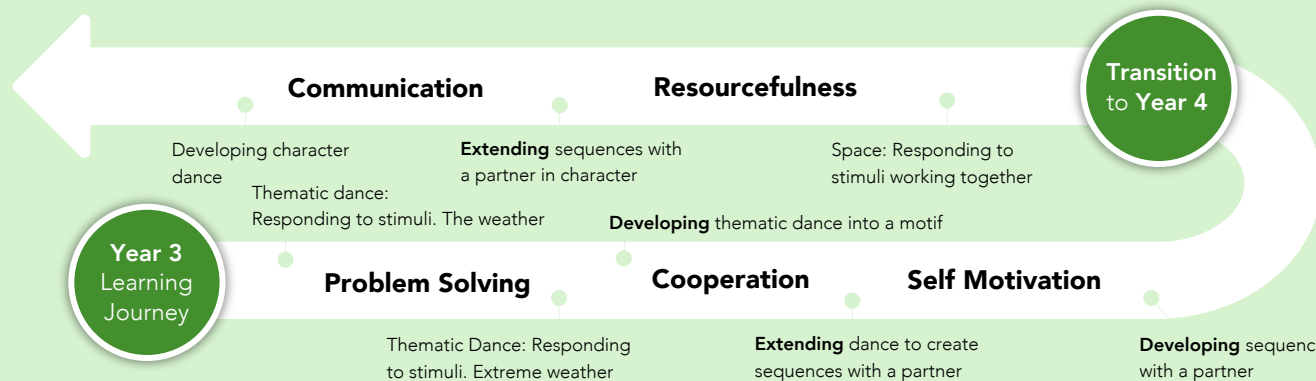
Sport Specific Vocabulary

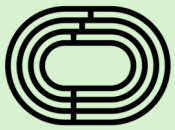
Rhythm: is a repeated pattern of movements or sounds.

Timing: in dance, timing refers to moving to the beat of the music.

Stage presence: is the ability of a dancer to capture and command the attention of an audience's attention.

Motif: is a series of movements that are repeated.





Physical Education

Athletics Year 3

Unit Purpose

The unit of work will explore how we can use our bodies to run as fast as possible, exploring the correct technique individually and within teams.

Pupils will also begin to examine how to jump as far as possible and compare throwing accurately with throwing for distance.

Inspire Me

One of the greatest moments in sporting history happened on the 4 August 2012, when Team GB athletes **Jessica Ennis-Hill**, **Greg Rutherford** and **Mo Farah** all won gold medals at the London Olympics.



Key Success Criteria

- P** Pupils will develop their ability to run and jump as fast/far as possible with the correct techniques and throw for distance exploring the most effective technique.
- C** Pupils will apply an understanding of how to use the correct technique for running fast, jumping far and throwing for distance and why it is so important.
- S** Pupils will develop life skills such as cooperation and encouragement as they collaborate with others and support each other to develop their techniques.
- W** Pupils will apply their skills with developing confidence as they grow in their ability to show integrity and determination.

Vocabulary for Learning

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Speed: Is the ability to move all or part of the body as quickly as possible. Speed is vital to success when sprinting or throwing an object.

Acceleration: is how quickly an athlete can increase their speed over a distance. For example this might mean how quickly an athlete ran over 10m starting from a stationary position.

Distance: is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped.

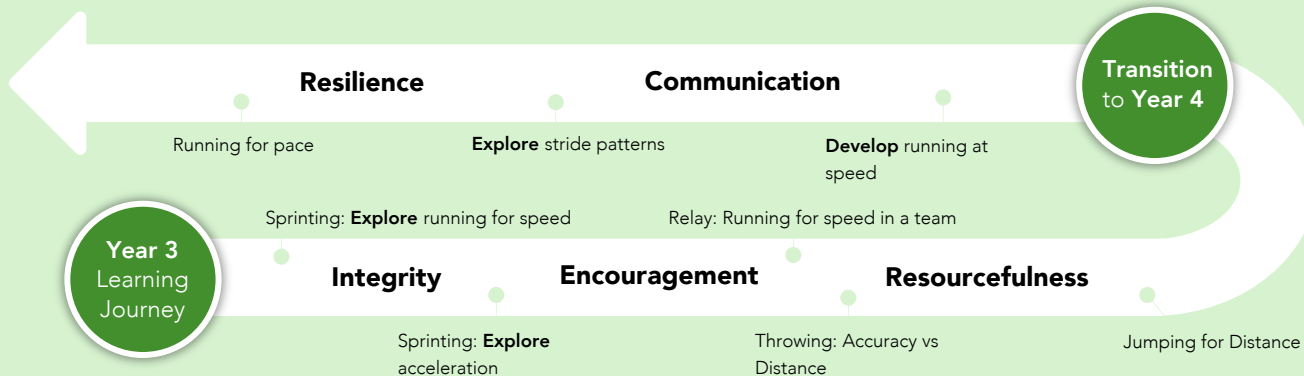
Accuracy: is the ability to control where we throw an object.



Sport Specific Vocabulary

Relay: A relay is a running race where members of a team take turns to complete parts of the race.

Change Over: A change over is where two athletes from the same team pass a baton between one another while running as fast as possible. Athletes cannot throw or drop the baton.





Physical Education

Game Sense 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, moving** and **shooting**.

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

Inspire Me

Did you know... According to the World Sports Encyclopedia there is over 8,000 sports that are played worldwide, but only around 200 are recognised sports with a national federation. How many can you name?



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 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 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 keep possession and score

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.

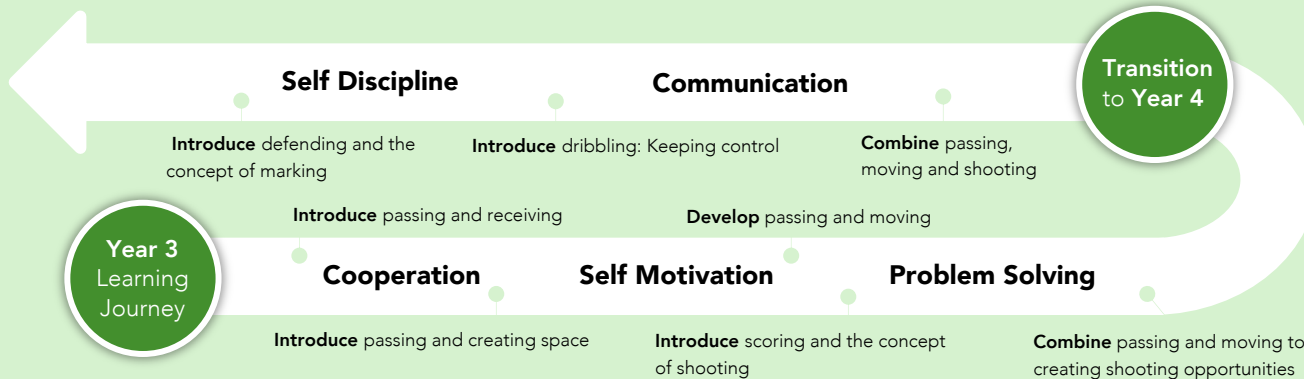
Space: is an open area on the playing area that is unoccupied by a defender or the defending team. The team in possession of the ball need to identify open spaces to move into to enable them to create opportunities to shoot.

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.

Passing is a method of sending the ball to our partner or another member of our team in order to keep possession of the ball.

Control: means keeping the ball close to us, preventing the defenders from gaining possession.

Shooting: is when we throw the ball towards the goal/target in an attempt to score.





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.

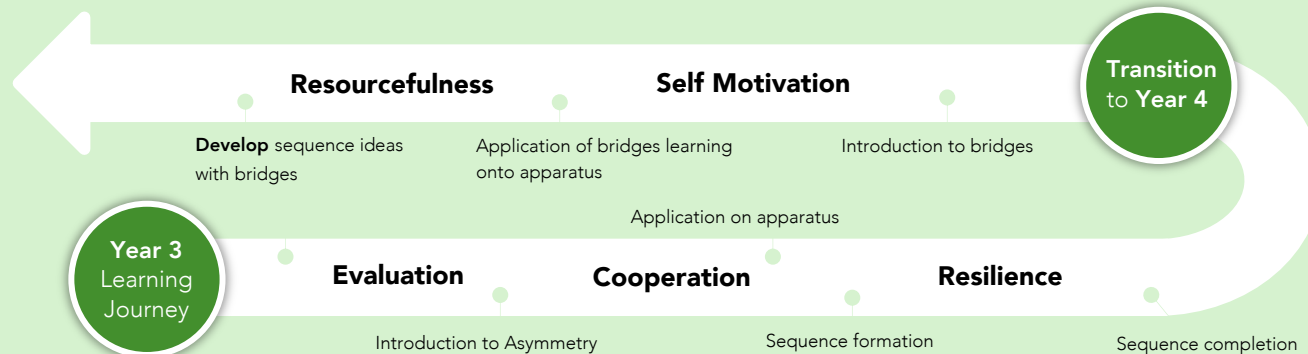
Flow: This is when a gymnast moves from one action to another without stopping.

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 Hockey 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... that only right-handed sticks are used in hockey, left handed sticks are band. In hockey players are only allowed to use one side of the stick, the flat side, when dribbling or hitting the ball.



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 with developing confidence as they grow in their ability to show integrity and self motivation.

Vocabulary for Learning

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. The aim of the game for the attackers is to 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

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

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 shoot.



Sport Specific Vocabulary

Intercepting: is when a defender cuts off and prevents a pass from reaching the receiver.

Shooting: is when we hit the ball with our stick in an attempt to score a goal.

Barrier: When we receive a pass from a team member, we can lower our stick horizontal towards the ground making a barrier to control the ball.

