

Primary Phase Long Term Plan

PE (Year 3)

Overview	<p>The PE curriculum at William Hulme's Grammar School provides children with the opportunity to develop skills in four key areas: games, athletics, dance and gymnastics. This curriculum has been developed with the ambition of children achieving the Key Stage expectations, set out in the National Curriculum, by providing a year-on-year development of skills in each of the four key areas of PE. The curriculum also aims to develop each child in two ways: through physical outcomes and emotional outcomes.</p> <p>Our intent is to deliver high-quality lessons that inspire all pupils to succeed and excel in physical activities, including competitive sport, through the teaching of fundamental movement skills in the Early Years and Key Stage 1 and applying these skills to specific games in Key Stage 2. We aim to provide opportunities for pupils to become physically confident in order for them to lead healthy, active lifestyles.</p> <p>We provide opportunities to compete in sport in order to build character and help to embed values, such as fairness and respect. Children will begin to develop these skills in Key Stage 1 when taking part in simple games and developing their understanding of playing with others, learning to demonstrate honesty and playing with gratitude, empathy and fairness. This further develops throughout Key Stage 2, as children have the opportunity to take part in inter and intra-school competitions, including house competitions, creating self-motivation and self-discipline and showing communication skills by encouraging others, making decisions and being reflective.</p>
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	Indoor	Outdoor	Assessment
Autumn Term 1	<p>Unit: Health Related Fitness</p> <p>Area of learning: Identify the components of fitness whilst understanding how to work specific elements of fitness and the importance of body preparation and cooling down after.</p> <p>Overview:</p> <ul style="list-style-type: none"> To work through warmups and cool downs pre and post exercise including a variety of yoga poses. Demonstrate good core strength and plyometric skills to aid refinement in techniques. 	<p>Unit Invasion Games 3</p> <p>Area of learning: Children will learn different attacking and defending skills and strategies which are transferable across different sports.</p> <p>Overview:</p> <ul style="list-style-type: none"> Be aware of the environment and others to get into good positions to send and receive a ball. Identify when and where to dribble with control using both hands/ feet. Defend in a variety of sports in close proximity. 	<p><u>Fit to perform</u> KPI: 1, 2 and 3.</p> <p><u>Fit to lead</u> KPI: 4, 5 and 6.</p> <p><u>Fit for Life</u> KPI: 7, 8 and 9.</p>
Autumn Term 1	<p>Unit Taekwondo</p> <p>Area of learning: Understand the concept of a new sport, with the disciplines and the language used for training.</p> <p>Overview:</p> <ul style="list-style-type: none"> Tenants of taekwondo – courtesy, integrity, perseverance, self-control and spirit. Perform actions for tae 'kick', kown 'fist or punch' and do 'the art of'. 	<p>Unit Handball</p> <p>Area of learning: Children will learn throwing and catching skills.</p> <p>Overview:</p> <ul style="list-style-type: none"> Develop the basics of the sport to pass and receive on the move developing to long passes with accuracy. Know when to defend space or intercept. Play in a variety of positions and participate in small-sided games. 	<p><u>Fit to perform</u> KPI: 1, 2 and 3.</p> <p><u>Fit to lead</u> KPI: 4, 5 and 6.</p> <p><u>Fit for Life</u> KPI: 7, 8 and 9.</p>

	Indoor	Outdoor	Assessment
Spring Term 1	<p>Unit: Gymnastics – Receiving body weight</p> <p>Area of learning: To receive body weight.</p> <p>Overview:</p> <ul style="list-style-type: none"> Take body weight on back and shoulders both in balance and in motion. Develop to taking weight on hands as part of a sequence of moves, both in balance. 	<p>Unit: Basketball</p> <p>Area of learning: Develop the basic aspects of basketball, passing, moving and scoring.</p> <p>Overview:</p> <ul style="list-style-type: none"> Be able to dribble with the ball showing awareness of environment. Pass the ball stationary and on the move using the correct technique and communicate with teammates. Combine these skills to play in a game. 	<p>Fit to perform KPI: 1, 2 and 3.</p> <p>Fit to lead KPI: 4, 5 and 6.</p> <p>Fit for Life KPI: 7, 8 and 9.</p>
Spring Term 2	<p>Unit: Dance - Egyptians</p> <p>Area of learning: Develop a dance to show agility, balance, coordination and precision.</p> <p>Overview:</p> <ul style="list-style-type: none"> Be able to work on a whole group, individual, pairs and small group choreography showing changes in level, pathways and formation. 	<p>Unit: Cricket</p> <p>Area of learning: Developing understanding of how the different components fit together into a game of cricket.</p> <p>Overview:</p> <ul style="list-style-type: none"> Look at body position for batting and bowling to be able to strike and release the ball effectively. Improve throw accuracy and power when recovering the ball by forming a long barrier. 	<p>Fit to perform KPI: 1, 2 and 3.</p> <p>Fit to lead KPI: 4, 5 and 6.</p> <p>Fit for Life KPI: 7, 8 and 9.</p>

	Indoor	Outdoor	Assessment
Summer Term 1	<p>Unit Tennis</p> <p>Area of learning: Learn the basics to move, how to control the ball and to send it across the net using a variety of ground strokes.</p> <p>Overview:</p> <ul style="list-style-type: none"> Use the 'ready position' for positioning to be able to hit consistent forehand returns. Understand the different shots which can be played such as backhand and volleys. Begin to serve from the baseline into my opponent's side of the court. 	<p>Unit: Lacrosse</p> <p>Area of learning: Learn how to scoop and cradle the ball whilst they run and to throw, catch and shoot.</p> <p>Overview:</p> <ul style="list-style-type: none"> How to hold the stick correctly to be able to scoop consistently. Adjust the grip on the stick to throw and then catch a ball confidently. Play a game incorporating the skills of cradling, scooping, throwing, catching and shooting. 	<p>Fit to perform KPI: 1, 2 and 3.</p> <p>Fit to lead KPI: 4, 5 and 6.</p> <p>Fit for Life KPI: 7, 8 and 9.</p>

Summer Term 2	<p>Unit Tri Golf</p> <p>Area of learning: Children learn when to use the different clubs and some of the etiquette when playing on a course.</p> <p>Overview:</p> <ul style="list-style-type: none"> • Be able to grip a golf club appropriately. and which club to use for approach play or finishing. • Strike the ball with increasing accuracy and/or distance which avoiding hazards on the course. 	<p>Unit Athletics</p> <p>Area of learning: Learn a range of throwing, jumping and running techniques and begin to master some techniques before competing against others.</p> <p>Overview:</p> <ul style="list-style-type: none"> • Identify the technique to start a sprint race which leads to being able to hurdle efficiently and consistently. • Develop the techniques for jumping in different events. • Replicate the techniques for running, jumping and throwing events in competitive situations. 	<p><u>Fit to perform</u> KPI: 1, 2 and 3.</p> <p><u>Fit to lead</u> KPI: 4, 5 and 6.</p> <p><u>Fit for Life</u> KPI: 7, 8 and 9.</p>

Useful Resources for Supporting Your Child at Home:	Homework:
<ul style="list-style-type: none"> • Support your child in attending Extra-Curricular sport in school • Support your child in joining a local sports club • Look at TeamMCR website for more opportunities for your child - https://teammcr.co.uk/ 	