


	Autumn Term			Spring Term			Summer Term			
Area of PE	Invasion Games			Net and Wall Games			Striking and Fielding Games			
	Swimming			Dance	Gymnastics		OAA		Athletics	
Lesson 1 – Multi-Skills/ Fundamental Skills	Invasion Games (Y3) <ul style="list-style-type: none"> Find space to receive a pass Work with team mates to keep possession Send and receive against opposition Mark goal-side for defence Apply these invasion game skills within a game situation Play small sided games within a competition 			Net and Wall Games (Y3) <ul style="list-style-type: none"> Send a ball over the net/wall to a desired area Hit a forehand return successfully Use extra pace to score points Successfully serve in a range of net and wall games Apply these net and wall game skills within a game situation Play with a team or individually within a competition 			Striking and Fielding Games (Y3) <ul style="list-style-type: none"> Send a ball to a desired area Catch an object whilst moving Know how to bowl in a variety of striking and fielding games Know when to run and when to wait Apply these striking and fielding skills within a game Play with a team or individually within a competition 			
Lesson 2 – PE - Skills	Swimming (Y3) <ul style="list-style-type: none"> Jump in from poolside and submerge Sink, push away from wall and maintain position Push and glide on the front with arms extended and log roll onto the back and vice versa Travel 5m on the front Fully submerge to pick up an object Identify 3 out of 4 key water safety messages Push and glide and travel 10m on the back Push and glide 10m on the front Exit water without using steps 			Dance (Y3) <ul style="list-style-type: none"> Successfully repeat movements and sequences Communicate ideas, feelings and emotions Improvise routines based on a given stimulus 		Gymnastics (Y3) <ul style="list-style-type: none"> Roll in different ways Use own ideas for movements Create a variety of shapes Travel with control 		OAA (Y3) <ul style="list-style-type: none"> Keep a map orientated whilst travelling Follow a route accurately and safely 		Athletics (Y3) <ul style="list-style-type: none"> Successfully run and jump one hurdle Successfully throw a foam javelin Perform a standing long jump Receive a relay baton from behind
Key Vocabulary	Invasion Games defending, marking, opponent, space, support, position, block, pass, attack, receive, send, combination play, possession, direct play, pace, control, opposition, competition, football, netball, basketball, hockey, rugby			Net and Wall Games net, wall, aiming, desired, forehand, smashing, defending, serving, return, pace, opponent, competition, tennis, volleyball, badminton, scoring, points			Striking and Fielding Games aiming, opponent, striking, bat, racket, club, technique, space, receiving, support play, risk management, efficiency, bowl, pitch, competition, scoring, points			
	Swimming poolside, submerge, water safety, sink, push, glide, streamlined, extend, travel, front, back, enter water, exit water, breaststroke, front crawl, back crawl			Dance creative, creativity, interpretation, themes, music, shapes, rhythm, beat, improvise, routines, stimulus, sequence		Gymnastics balance, strength, flexible, coordination, straight, tuck, pike, straddle, star, equipment, rolls, teddy bear, forwards roll, backwards roll, sequence		OAA map, orientated, travelling, 'thumb' a map, route, accurate, safe, time limit		Athletics throwing, jumping, running, sprint, long-distance, short-distance, javelin, long-jump, triple-jump, obstacles, hurdles, skipping
Personal Challenges	 <p style="text-align: center;">Weekly mile times and personal challenges to complete during PE lessons and at playtimes / lunchtimes</p>									
Level 1 Competitions	<p style="text-align: center;">Intra-school competition - A team competition is incorporated into the last week of each unit of work – children compete in their rainbow groups. This encourages the promotion of the School Games Values and creates leadership opportunities.</p>									
Level 2&3 Competitions	<p style="text-align: center;">Local Inter-School Competition - Compete in inter-school competitions organised by CGS Outreach (Festival Fridays) and Newark School Spots Organiser. Some of these events are qualifes and could lead to Level 3 competitions (County competitions)</p>									
Leadership Skills	Help the teacher by organising equipment	Lead a warm up or physical activity for the class	Recognise good performances or individuals	Identify areas for development in a class mate	Demonstrate a skill or technique to a group	Umpire or refer a class sport competition	Use result data to determine winners	Within a group, lead physical activities at play times	Present PE or sports information in an assembly	