

Long Term Plan: Physical Education

Key Stage 2 / Year 3



<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
<p>real PE Unit 1: Personal</p> <p>Pupils learn fundamental foot skills, coordination and static balance through a range of games like Balloon Balance, Follow the Leader and Mirroring and Matching. They will begin to challenge themselves and know where it is that they are working and how to improve to the next level.</p> <p>Gymnastics: Travel and Rotation</p> <p>Pupils learn travelling and footwork patterns. They look at individual skills and challenge themselves. Pupils develop technique, control and balance in a range of gymnastic skills.</p>	<p>real PE Unit 4: Creative</p> <p>Pupils learn creative coordination, sending and receiving skills and counterbalance skills with a partner. Pupils implement these in games such as Send and Receive in Order and Explore and Compare. They will be able to respond differently to different tasks given in order to succeed.</p> <p>Netball</p> <p>Pupils will begin to understand the basic rules of Netball. They will be able to use the 3 passes of Netball in isolation and begin to use these when under pressure. Pupils will begin to develop their decision making skill when participating in a variety of games. Pupils will link actions together and recognise similarities and differences in different activities. Pupils will play competitive games to use their skills effectively.</p>	<p>real PE Unit 2: Social</p> <p>Pupils learn social skills like taking turns and sharing as well as showing patience and support to help others. They learn dynamic balance to agility such as jumping and landing. Pupils also learn static balance skills through completing activities where they require to be seated.</p> <p>Athletics</p> <p>Pupils use different types of jumping, working with others to improve their and others' work. They use running, jumping, throwing in isolation and in combination.</p>
<p>real PE Unit 5: Physical</p> <p>Pupils learn fundamental movement and agility skills like reaction and response and static balance floor work through warm ups and games such as Quick off the Mark, Hoop Limbo and Copy your Partner. They are able to perform sequences that start to show a change in level, direction and speeds.</p>	<p>real PE Unit 3: Cognitive</p> <p>Pupils learn cognitive skills of dynamic balance on a line and coordination balls skills through activities such as warm ups and games that apply these skills such as 3 Limb Race, Raise the Level and Getting Around Us. They will be able to explain what they are doing well in their performances.</p>	<p>real PE Unit 6: Health and Fitness</p> <p>Pupils learn health and fitness skills through agility such as ball chasing and static balance through floor work. These skills are developed through ball chasing and floor work games and activities. Alongside this they will be able to explain how and why their body changes before and after exercise.</p>

<p>Dance</p> <p>Pupils control their bodies and body movements by linking actions together with fluency. They develop flexibility, strength, technique, control and balance & perform dances using a range of movement patterns.</p>	<p>Net and wall games: Tennis</p> <p>During net and wall games, pupils develop stance and balance when moving - used in both cognitive and net and wall games. They learn different shots in isolation and then put them into competitive games. They will compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Striking and Fielding: Cricket</p> <p>Pupils learn throwing a ball in different ways and discussing some of the basic fitness components. They will develop different batting techniques using a variety of different equipment. They play competitive games, modified where appropriate.</p>
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