

Long Term Plan: Physical Education Key Stage 2 / Year 3



<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
<p>Gymnastics: Travel and Rotation 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>Invasion Games: Football Pupils will learn to dribble a football keeping the ball under control and begin to dribble the ball with different parts of their feet. They will understand how to pass a ball using the inside of their foot and begin to pass the ball when under pressure.</p>	<p>Dance 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>Fitness Pupils explain why we need to warm up and cool down. They can feel their pulse and record their heart rate. Pupils will feel and discuss what exercise does to their body. They will take part in numerous fitness activities including a circuit.</p>	<p>Footwork and jumping skills Pupils will move with fluent and smooth movements. They will use good jumping and landing techniques and begin to apply these when playing a game. Developing their coordination pupils will move with their opposite leg and arm keeping under control.</p> <p>Athletics 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>Coordination & Agility (S&R, Reaction and response) Pupils will be able to react quickly and catch with 2 and 1 hand. They will explore sending a ball accurately using different techniques. They will select and apply a range of skills with control.</p> <p>Invasion Games: Netball 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</p>	<p>Net and wall games: Tennis 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>Net and wall games: Badminton Pupils will know the correct way to hold a badminton racket and balance an object on my racket. They will develop their shot playing by playing a clear shot and serving towards an opponent.</p>	<p>Coordination & Agility (Ball chasing & Ball Skills) Pupils will move a ball with control and speed around different parts of their body. When retrieving a ball they will keep their balance and be able to do this at speed.</p> <p>Striking and Fielding: Cricket 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>

activities. Pupils will play competitive games to use their skills effectively.