

Physical Education (PE) Year Planner

Year 3

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
REAL PE Unit	Real PE Unit 1 Personal	Real PE Unit 2 Social	Real PE Unit 3 Cognitive	Real PE Unit 4 Creative	Real PE Unit 5 Physical	Real PE Unit 6 Health and Fitness
REAL PE Warm Up x 2 (Mon) See REAL PE planning	Hi Baby Race walking	Shape Up Dice Frenzy	All Change To Bank or Not To Bank	Like Clockwork Team Juggling	Continuous relay Balloon Champs	Inside Out Rock, Paper, Scissors
Fundamental Skills (Mon – Weds) See REAL PE planning	Coordination: Footwork (FUNS 10) Static Balance: One leg (FUNS 1)	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) Static Balance: Seated (FUNS 2)	Dynamic Balance: On a line (FUNS 5) Coordination: Ball skills (FUNS 9)	Coordination: Sending and receiving (FUNS 8) Counter Balance: with a partner (FUNS 7)	Agility: Reaction/Response (FUNS 12) Static Balance: Floor work (FUNS 3)	Agility: Ball chasing (FUNS 11) Static Balance: Stance (FUNS 4)
REAL PE Cog Learning Focus	I cope well and react positively when things become difficult EXC I can persevere with a task and I can improve my performance through regular practice I know where I am with my learning and I have begun to	I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task EXC I show patience and support others, listening well to them about our work. I am happy to	I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions EXC I can understand the simple tactics of attacking and	I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging EXC I can make up my own rules and versions of activities.	I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities EXC I can perform and repeat longer sequences with	I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working EXC I can describe how and why my body feels during and

	<p>challenge myself EXP</p> <p>I try several times if at first I don't succeed and I ask for help when appropriate WT</p>	<p>show and tell them about my ideas EXP</p> <p>I can help praise and encourage others in their learning WT</p>	<p>defending. I can explain what I am doing well and I have begun to identify areas for improvement EXP</p> <p>I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well WT</p>	<p>I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression EXP</p> <p>I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme WT</p>	<p>clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency EXP</p> <p>I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed WT</p>	<p>after exercise. I can explain why we need to warm up and cool down EXP</p> <p>I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely WT</p>
Traditional PE (Thursday)	Netball (Invasion Game)	Hockey (Invasion Game)	REAL Gym (Gymnastics)	Football (Invasion Game)	REAL Dance (Dance) OAA (Porthpean Camp)	Rounders (Strike + Field) Athletics
Sequence of Lessons	<p>L1: To pass/send a ball with increasing accuracy</p> <p>L2: To move with the ball keeping it under control</p> <p>L3: To pass the ball in different ways</p> <p>L4: To find and use space well to keep possession</p>	<p>L1: To hold a hockey stick correctly and safely</p> <p>L2: To use a push pass</p> <p>L3: To get in a low position when dribbling and/or passing</p> <p>L4: To dribble a ball whilst changing direction</p>	<p>L1: Travel (Floor work)</p> <p>L2: Travel (Hand apparatus)</p> <p>L3: Travel (Hand apparatus)</p> <p>L4: Rotation (Floor work)</p> <p>L5: Rotation (Partner work)</p>	<p>L1: To stop the ball with my foot.</p> <p>L2: To pass the ball with the inside of my feet.</p> <p>L3: To dribble the ball using my feet.</p> <p>L4: To make a standing tackle</p> <p>L5: To shoot a stationary football.</p>	<p>L1: Shapes solo/Dance shapers</p> <p>L2: Circles solo/Turning, jumping and moving</p> <p>L3: Partnering shapes</p> <p>L4: Partnering circles</p> <p>L5: Artistry abstraction</p>	<p>L1: Throw a ball with increasing accuracy</p> <p>L2: Catch a ball with increasing control.</p> <p>L3: Successfully hit a ball from a tee.</p> <p>L4: Hit a ball towards a target.</p> <p>L5: Choose fielding skills to make it</p>

	<p>L5: To apply basic attacking and defending principles</p> <p>L6: Play in small sided games, employing simple tactics</p>	<p>L5: To use a stop pass</p> <p>L6: To play hockey games against others</p>	<p>L6: Rotation (Partner work)</p>	<p>L6: To participate in a group football game.</p>	<p>L6: Artistry (making)</p>	<p>difficult for an opponent</p> <p>L6: Participate in modified competitive games showing good teamwork.</p> <p>Athletics Preparation for Sports Day</p>
<p>Fitness Friday Links to 5 ways to well-being.</p>	<p>Wk 1 – Circuit Training Wk 2 – Yoga Wk 3 – Aerobics Wk 4 – X-Country Running Wk 5 – Walk around the Roche Rock Wk 6 – Oti Mabuse Dance</p>	<p>Wk 1 – Bikes and Scooters Wk 2 – Bleep Test Wk 3 – Yoga Wk 4 – Joe Wicks Cardio Wk 5 – Relay Races Wk 6 – Skip to Be Fit</p>	<p>Wk 1 – Circuit Training Wk 2 – Yoga Wk 3 – Aerobics Wk 4 – X-Country Running Wk 5 – Walk around Roche Rock Wk 6 – Oti Mabuse Dance</p>	<p>Wk 1 – Bikes and Scooters Wk 2 – Bleep Test Wk 3 – Yoga Wk 4 – Joe Wicks Cardio Wk 5 – Relay Races Wk 6 – Skip to Be Fit</p>	<p>Wk 1 – Circuit Training Wk 2 – Yoga Wk 3 – Aerobics Wk 4 – X-Country Running Wk 5 – Walk around Roche Rock Wk 6 – Oti Mabuse Dance</p>	<p>Wk 1 – Bikes and Scooters Wk 2 – Bleep Test Wk 3 – Yoga Wk 4 – Joe Wicks Cardio Wk 5 – Relay Races Wk 6 – Skip to Be Fit</p>
<p>Vocabulary</p>	<p>REAL PE + Traditional: balance, coordination, agility, fluency, control, praise, patience, encourage, cooperate, persevere, challenge, practice, success</p> <p>Netball: chest pass, bounce pass, shoulder pass, attacker, defender, space, sending, receiving, intercept, marking, opposed, unopposed, ball control, speed,</p>	<p>REAL PE + Traditional: balance, coordination, agility, fluency, control, praise, patience, encourage, cooperate, feedback, listening, support, responsibilities,</p> <p>Hockey: stick, dribble, push pass, intercept, tackle, attacker, defender, shoot, speed, direction, aim, turn, possession, attack, defence</p>	<p>REAL PE + Traditional: balance, coordination, agility, fluency, control, praise, patience, encourage, cooperate, tactics, attacking, defending, similarities, differences</p> <p>Gymnastics: travel, floor work, rotation, core, apparatus, balance, tension, fluency,</p>	<p>REAL PE + Traditional: balance, coordination, agility, fluency, control, praise, patience, encourage, cooperate, sequences, express, tactics, rules, versions, link</p> <p>Football: dribble, pass, tackle, possession, defend, attack, intercept, control, space, saving, aim, direction</p>	<p>REAL PE + Traditional: balance, coordination, agility, fluency, control, praise, patience, encourage, cooperate, tension, flow, sequences, link, repeat, consistency, level, speed, direction</p> <p>Dance: floor work, shapes, solo, partner, abstraction, artistry, fluency,</p>	<p>REAL PE + Traditional: balance, coordination, agility, fluency, control, praise, patience, encourage, cooperate, fitness, exercise, healthy, monitor, warm up, cool down,</p> <p>Athletics: walk, jog, run, sprint, relay, sprint starts, shot put throw, javelin throw, standing long jump, elevate,</p> <p>Rounders: strike, field, bat, base,</p>

	direction, technique, aim, accuracy, teamwork, shoot, score					backstop, fielders, catch, overarm throw, underarm throw, bowler, score a rounder, stump, space
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