

Physical Education (Year 3) Skills

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Multi skills	Gymnastics	Dance	Athletics
<p>To consolidate and improve their quality of skills</p> <p>To work co-operatively in small groups</p> <p>To race in a competitive nature against each other</p> <p>To throw and catch when on the move</p> <p>REALLY IMPORTANT</p> <p>Football</p> <p>Dribble and pass effectively</p> <p>Signal for the ball</p> <p>Pass over short distances using the correct techniques</p> <p>Start to look at specific ways of defending and attacking</p> <p>Tennis</p> <p>To have the correct grip for a tennis racket</p> <p>To begin to develop technique and control when hitting a ball</p> <p>Use basic shots and know the correct success criteria for completing each shot – forehand backhand</p>	<p>To travel and jump fluently and hold balanced positions demonstrating a variety of stretched and curled shapes</p> <p>To receive and transfer body weight safely in different situations and create a sequence with a partner</p> <p>To identify how the whole performance can be improved</p> <p>To adapt and transfer skills safely onto more complex apparatus</p> <p>To begin to look at different rolls and balances,</p> <p>Hockey</p> <p>To use the correct grip to hold a hockey stick</p> <p>To begin to be able to dribble efficiently</p> <p>To develop skills of a push pass</p> <p>To be able to trap the ball when receiving it.</p>	<p>Perform basic dance actions with greater control and fluency</p> <p>Perform with a sense of phrasing, rhythmically and musically</p> <p>Create and structure a whole dance</p> <p>Evaluate each other’s dances</p> <p>Basketball</p> <p>Learn to dribble with one hand and progress to two.</p> <p>Signal for the ball</p> <p>Know how to positively move to become available</p> <p>Basic skills for shooting</p> <p>Cricket</p> <p>To begin to strike a ball in a controlled manner</p> <p>To be able to catch a ball stood still and on the move</p> <p>To select and use appropriate skills and simple tactics in a small game activity</p> <p>To teach the basics of underarm bowling</p>	<p>Running over different distances and obstacles</p> <p>Use a variety of softer, lighter, smaller or adapted equipment to throw</p> <p>Start looking at specific techniques of how to complete different jumping events</p> <p>Begin to look at an efficient running style</p> <p>Tag Rugby</p> <p>Teach dodging, marking signalling and interceptions</p> <p>Teach special awareness of positioning</p> <p>Refine passing and throwing accurately</p> <p>Ensure passing backwards and moving forwards</p> <p>Teach the correct way to defend and “Tag” people</p>

Physical Education (Year 3) Vocabulary

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Basketball – Vocabulary	Gymnastics - Vocabulary	Tennis – Vocabulary	Athletics - Vocabulary
<p>Dribble – take (the ball) forwards past opponents with slight touches by continuous bouncing. Opponent – someone who competes with or opposes another in a contest or game Chest Pass - A pass, as in basketball, in which the ball is propelled away from the chest with a quick extension of the hands and arms.</p> <p>Tag Rugby – Vocabulary Pass – The amount of power required and the direction the ball is being passed. Dodge – avoid (someone or something) by a sudden quick movement. Backwards - (of a movement) in the direction of one's back.</p> <p>Football - Vocabulary Dribble – take (the ball) forwards past opponents with slight touches of the feet Pass- move or cause to move in a specified direction. Control – To be able to keep the ball close to your body,</p>	<p>Fluent - smoothly graceful and effortless. Stretched - straighten or extend one's body or a part of one's body to its full length, typically so as to tighten one's muscles or in order to reach something. Curled - form or cause to form into a curved or spiral shape. Transfer skills – To be able to use skills across a range of situations</p> <p>Hockey - Vocabulary Dribble - take (the ball) forwards past opponents with slight touches of the stick, Push Pass- to push the ball forward with the long side of the stick Trap – to stop/ receive the ball with the flat side of the stick Hockey Stick – a long, thin implement with a curved end, used to hit or direct the ball or puck in hockey or ice hockey.</p>	<p>Racket- a bat with a round or oval frame strung Ball- a hollow spherical object that hit in a game. Forehand- a stroke played with the palm of the hand facing in the direction of the stroke. Backhand – a stroke played with the back of the hand facing in the direction of the stroke, with the arm across the body. Grip - take and keep a firm hold of; grasp tightly</p> <p>Dance – Vocabulary Phrasing - divide (music) into phrases in a particular way, especially in performance. Rhythmically - in a way that relates to rhythm. Musically - in a way that relates to music.</p>	<p>Hurdle - one of a series of upright frames over which athletes in a race must jump. Javelin - a light spear thrown in a competitive sport Shot Put - an athletic contest in which a very heavy round ball is thrown as far as possible.</p> <p>Cricket – Vocabulary Wicket - each of the sets of three stumps with two bails across the top at either end of the pitch, defended by a batsman. Bowling – the action of a bowler in sending down balls towards the batsman's wicket. Fielding- attempt to catch or stop the ball and return it after it has been hit by the batsman or batter, thereby preventing runs being scored. Cricket bat – A cricket bat is a specialised piece of equipment used by batsmen in the sport of cricket to hit the ball, typically consisting of a cane handle attached to a flat-fronted willow-wood blade.</p>