

Year3 PE Unit Overviews – Mid Term Planning

Gymnastics

Week	Lesson 1	Lesson 2
1	Session 1: Balancing	Session 5: Pathways
2	Session 2: Apparatus	Session 6: Pathways on apparatus
3	Session 3: Matching	Session 7: Jumping from height
4	Session 4: Apparatus	Session 8 Assessment

Football

Week	Lesson 1	Lesson 2
1	Dribbling and keeping control of the ball while travelling	Shooting at a target
2	Receiving the ball and Body Control	Defense and Attack
3	Passing	Playing part of a Team
4	Tactics and Formation	Match Play and Assessment

Basketball

Week	Lesson 1	Lesson 2
1	Dribbling skills accurately with control	Shooting
2	Dribbling with change direction with understanding the rules	Develop shooting skills from different ranges and angles
3	Understand the different types of Passing (chest pass)	Combine passing skills with shooting skills
4	Shoulder pass and bounce pass	Games Match Play and Assessment

Athletics

Week	Lesson 1	Lesson 2
1	Health & Fitness – How the body reacts to exercise	Fitness Circuits
2	Sprinting	Jumping for Distance

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3	Jumping for Height	Relay Races
4	Throwing for Distance	Running Over Obstacles

Swimming 1 - Front crawl		
Week	Lesson 1	Lesson 2
1	Safe entry- Introduction to the pool and confidence building	Combine arms-legs with breathing with the board
2	Floating on fronts and kicking-	Combine arms-legs with breathing without board
3	Floating on backs and kicking	Races
4	Arms	Assessments

Striking & Fielding		
Week	Lesson 1	Lesson 2
1	<p>Fielding To replicate throwing and catching technique while maintaining control over the ball. To apply sending and receiving skills to a competitive environment</p>	<p>Striking To perform and replicate a combination of striking skills in a competitive situation. To apply basic rules accurately and fairly.</p>
2	<p>Fielding To demonstrate sending and receiving skills even under pressure. To explore the use throwing and catching when under pressure in a competitive environment.</p>	<p>Striking To perform and replicate a combination of striking skills in a competitive situation. To apply basic rules accurately and fairly.</p>
3	<p>Catching To accurately replicate catching technique. To develop the ability to adjust the body in order to catch balls with varying heights. To understand the rules of kiwk cricket..</p>	Matches
4	<p>Striking To accurately replicate the basic sending action. To understand the importance of movement and timing in preparation to strike the ball. To develop the ability to hit the ball towards an intended target.</p>	Matches -Assessments

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Swimming 2 – Breast Stroke		
Week	Lesson 1	Lesson 2
1	Safe entry- Introduction to the pool and confidence building	Combine arms-legs with breathing with the board
2	Floating on fronts and kicking-	Combine arms-legs with breathing without board
3	Floating on backs and kicking	Races
4	Arms	Assessments

DANCE		
Week	Lesson 1	Lesson 2
1	<u>The jungle</u> , the river, crocodile and hippo	<u>Croc in space</u> To accurately replicate movements in response to a different stimulus.
2	<u>The jungle</u> to understand a changing stimulus and the type of moves that shows this	<u>Ram sam sam</u>
3	<u>The playground.</u> To develop a dance sequences using fluency and creativity. Replicate movements that show emotions of excitement and inquisitiveness	<u>Robots</u> To understand a changing stimulus and the type of moves that shows this. To replicate movement patterns using a monkey and roly-poly bird as a stimulus
4	<u>The fairground</u> To explore movements and pattern in developing a small sequence using the fairground as a concept	<u>Final performance - assessment</u>

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		To perform the full dance sequence as a small group. To suggest areas of improvement for their dance and implement effective changes
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