

Year 3 Physical Education Targets

	Week	Theme	Objectives	Activities
Gymnastics	1	Prepare for performance	Recap the procedures for warming up and movement of mats Refresh the use of rotations from previous work	White line system. Refresh forward and backward rolls
	2	Basic balances	Make simple comments as to what makes a balance Be able to show some extension and tension while balancing	Individual balances. Guided discovery. T-balance.
	3	Travel with balances	Explore and know a few ways to travel into and out of a balance Display some body control in movements	Create short sequence. Gymnastic presentation.
	4	Linking balances	Construct a short sequence with linked balances Comment with a partner some ways to improve a sequence	Group of balances. Travel different directions over mat. Evaluate others work.
	5	Partner balances	Create a number of different partner balances Explore different ways to travel into and out of a partner balance	Partner balance work cards
	6	Sequence of balances	Use some basic travel movements to link partner balances Comment with a partner some ways to improve a sequence	Group of balances. Travel different directions over mat. Evaluate others work.
Basketball	1	Finding space against defenders using movements	Recall and demonstrate basic movements for success in Basketball Display and explain some aspects of dribbling and variety of passes' used in Basketball	Games for understanding Wall ball no dribbling Wall ball with dribbling
	2	Passing to space not the player	Demonstrate movements which complement what the ball carrier is trying to do Communicate in simple terms to 'put the ball in space'	Games for understanding Bench ball without dribbling
	3	Defending body shapes	Identify the best body shape for defending an opponent in Basketball Select and use with some success different body shapes for defending an opponent	Games for understanding 2 v 1, 3 v 2 pass in's
	4	Defending tactics	Understand how man on man marking can be effectively used Demonstrate as a group a simple tactic which makes the group defend more effectively	Games for understanding Wall ball no dribbling Wall ball with dribbling
	5	Dribbling	Develop and demonstrate a variety if dribbling to allow effect work with the team Demonstrate a triple threat position while holding the ball	Traffic light calls Relays
	6	Dribbling	Develop and demonstrate a variety if dribbling in conditioned situations Demonstrate a triple threat position while holding the ball in conditioned situations	Games for understanding 1 v 1, 2 2 v 2, 4 v 4
HRF	1	Benefits of warming up correctly	Pupils should state the three phases of a warm up and the effects these have Pupils should demonstrate with some effectiveness different warm up concepts	Raise body temperature, Mobilisation, Activity related
	2	Positive effects of raising body temperature	Pupils to select a few activities that raise the body temperature and display them with some effectiveness Pupils can identify a small range of appropriate activities	Body temperature raising activities, demonstrate variety
	3	Purpose of stretching	Pupils understand the importance of stretching and the different types Pupils to have effectiveness when completing stretching activities	Active v passive stretching
	4	Stretching to benefit performance	Pupils can incorporate simple dynamic stretching into their body temperature raising activities. Pupils demonstrate some effective in using dynamic stretching	Dynamic stretching routines
	5	Knowing warm up routines	Pupils can follow and complete with some success different warm up routines Pupils can suggest some simple ideas to improve the effectiveness of a warm up routine	Complete routines teacher led. Q and A with pupils
	6	Performance of warm up routines	Pupils can plan basic routines which display the three areas of a warm up Some pupils can deliver and demonstrate their routine to others	Worksheets Pupils coaching each other their planned warm up.
HEF – preparing the body	1		Pupils should state the three phases of a warm up and the effects these have Pupils should demonstrate with some effectiveness different warm up concepts	Raise body temperature, Mobilisation, Activity related
	2		Pupils to select a few activities that raise the body temperature and display them with some effectiveness Pupils can identify a small range of appropriate activities	Body temperature raising activities, demonstrate variety
	3		Pupils understand the importance of stretching and the different types Pupils to have effectiveness when completing stretching activities	Active v passive stretching
	4		Pupils can incorporate simple dynamic stretching into their body temperature raising activities. Pupils demonstrate some effective in using dynamic stretching	Dynamic stretching routines
	5		Pupils can follow and complete with some success different warm up routines Pupils can suggest some simple ideas to improve the effectiveness of a warm up routine	Complete routines teacher led. Q and A with pupils
	6		Pupils can plan basic routines which display the three areas of a warm up Some pupils can deliver and demonstrate their routine to others	Worksheets Pupils coaching each other their planned warm up.
Tennis	1	Recap	Demonstrate a basic knowledge of the rules of short tennis Verbally explain the similarities and differences between forehand and backhand	Partner rallies
	2	Forehand	Apply the "FEET, EYES, RACQUET" principle when performing a forehand shot	Feed activities
	3	Forehand	Apply the "FEET, EYES, RACQUET" principle when performing a forehand shot Demonstrate an improved knowledge of spatial awareness within a racquet sports environment by aiming for space	Target and accuracy practises
	4	Back Hand	Apply the "FEET, EYES, RACQUET" principle when performing a back hand shot	Feed activities
	5	Back hand	Apply the "FEET, EYES, RACQUET" principle when performing a back hand shot Demonstrate an improved knowledge of spatial awareness within a racquet sports environment by aiming for space	Target and accuracy practises
	6	Tournament	Demonstrate the ability to work cooperatively Understand some basic rules for playing short tennis	