

## Year 3 Coverage, Skills and Vocabulary

Year 3	Unit Focus	Prior Knowledge	Skills	Vocabulary
Autumn 1 – Dance	Practice and put together a performance. Perform using facial expressions. Perform with a prop.	Describe and explore how performers can transition and link shapes/balances. Perform with control and consistency. Challenge themselves to move imaginatively responding to music. Work as part of a group to create and perform short movement sequence to music.	Perform a jazz square. Perform as two contrasting characters. Explore characters through description. Communicate ideas as a group. Use a prop in a 4-action dance phrase.	Dance, twist, turn, rhythm, step, music, beat, stretch, levels, fast, slow, direction, huddle, group, mood, feeling, musicality, emotions, facial expressions, improvisation, rehearsal, director.
Autumn 1 – Games (Hockey)	Control the ball when moving it side to side. Correct position to hold the hockey stick. Keep close control of the ball when dribbling. Travelling at speed with the ball pushing it from your body. Improve the push pass and stopping ability. Importance of the follow through when shooting. Use of the block tackle.	Know where to place dominate hand on the stick. Basic position of the body while holding the stick. Light touches on the ball to make the ball move. Perform a simple push pass. Start to think about a technique to shoot and how to be accurate. Introduce what is a tackle.	Hand positions. Ball under control when dribbling, close to the body and at speed. Push pass. Stop the ball and to shoot. Block tackle.  Adding all of the above into game related practises.	Position, control, dribbling, speed, close to body, push pass, shoot, shooting, stopping ability, block tackle, accuracy.
Autumn 2 – OAA	Work with others to solve problems. Describe their work and use different strategies to solve problems. Lead others and to be able to led. Differentiate between when a task is competitive and when it is collaborative.	Taken part in a range of PE games and activities. Following simple instructions and apply simple rules. Work collaboratively as a pair and in a group. Used and apply simple diagrams with symbols and pictures.	Non-verbal communication. Simple map reading. Respond to a problem as a group. Trust activities. Design a route map.	Maps, diagrams, scales, symbols, orienteering, control, challenges, problem solving, lead, follow, plan.
Autumn 2 – Gymnastics	Complex jumps and stands Balancing, group work and at different levels. Rolls – different types and linking together. Sequence in union and canon. Apparatus – mount/dismount, balance, sequence Apparatus – vault	Started to add together balances, jumping, travelling, rolling into a sequence to perform by self and with a partner.	Rolls – log, pencil, dish, egg, teddy bear and forward. Landing/dismount correctly and safely. Tuck jump. Starch jump. Different stands. Point balance, group balance. Body posture (core/shape). Point fingers and toes. Hand eye co-ordination.	Tuck jump, vault, confidence, mount, dismount, starch jump, balance, unison, canon,

Spring 1 – Badminton	Identify and describe some rules in badminton. Serve to begin a game. Explore forehand hitting.	Explore different types of hitting with hands and racquets. Able to recognise boundaries. Recognise how to score points within a game.	Experiment with hard and soft hits. Hit using direction. Return a shuttle. Play a forehand in boundaries. Rally with a partner.	Hit, return, court, forehand shuttlecock, points, score, net, underarm, racquet.
Spring 1 – Games (Basketball)	Moving of ball around the body maintaining control. Improve dribbling techniques at different heights. Perform a variety of passes with confidence and accuracy. To improve shooting techniques and accuracy. Apply basic defending principles. Understand the rules of the game.	Recall and link combination of skills e.g. dribbling and passing. Select and apply a small range of tactics. Develop power, agility, coordination and balance over a variety of activities.	Keeping different types of ball under control while moving them around the body. Dribbling of the ball at different heights keeping it under control. Perform chest pass, bounce pass, overhead pass. Shooting techniques. Defencing principles – pressure, blocking, intercepting.	Dribbling, control, bounce pass, chest pass, overhead pass, shooting, basket, rim, hoop, non-dominate hand, dominate hand, pressure, blocking, intercepting.
Spring 2 – Dance (Performance)	Tell the story of the ocean using improvisation and other devices. Use relationship compositional ideas to dance solo, duet and as a group.	Practice different sections of dance aiming to put together a performance. Perform using facial expressions and props.	Work in solo, duet and as a group. Explore the ocean through improvisation. Apply dynamics to different ocean themes. Develop starts and finishes to the dance. Start to discuss examples of professional work.	Solo, due, action, dynamics, phrasing, timing, layers, improvise.
Spring 2 – Games (Handball)				
Summer 1 – Games (Tennis)	To identify and describe some rules of tennis. To serve to begin a game. To explore forehand hitting.	To be able for their opponent s to score a point. Begin to choose specific tactics. Transfer wall/net skills. Improve agility and co-ordination use in a game.	Tennis ready position. Recognise the different types of hitting needs to different areas of the court. Serve with some accuracy to targets. Perform a forehand shot to a moving ball. Move forwards towards the ball to return it to the other side.	Hot, return, court, forehand, backhand, bounce, point, net, tactics, underarm, overarm.
Summer 1 – Athletics	Using a variety of different throwing techniques accurately and consistently. To run consistently and smoothly at different speeds. To start to throw the discus correctly and accurately. To perform standing long jumps with precision and control.	Practised different elements of athletics by throwing underarm and overarm, jumping off one/two feet. Starting to use the correct technique for shot putt and the hop stage of the triple jump.	Throwing different objects overarm and underarm – javelin. Body position focusing on arms and legs for jogging, walking and sprinting. Arm and leg technique to throw the discus. Different ways to jump and land starting with 2 feet to 2 feet and moving forward. To be able to work as a team. Hand over technique while jogging.	Overarm, underarm, javelin, jogging, walking, sprinting, discus, jumping, 2 feet to 2 feet, landing, hand over, relay, team work.

	To successfully complete a relay race.			
Summer 2 – Games (Football)	To be able to show basic control skills. To send the ball with some accuracy to maintain possession and build attacking game. To implement the basic rules of football.	Experience of different types of small sized invasion games. Able to send and receive balls. Use a variety of techniques and tactics to play competitively, both attacking and defending.	Inside of the foot to pass. Trap the moving ball. Pass the ball with accuracy over a short distance. Identify and move into space to receive the ball. To use the outside of the foot to control the ball to dribble. To cushion the ball when receiving.	Control, use, space, defend, attack, dribble, pass, tactics, compete, teamwork, score, shoot, intercept, foot, inside of the foot, touch, possession.
Summer 2 – Games (Cricket)	To be able to use a range of throwing techniques accurately. To be able to bowl underarm. To start striking a ball To start knowing how to make a run in cricket and how to carry the bat.	Experienced different throwing and catching games. Had the opportunity to hit and strike a ball with bats and racquets. Played in simple striking and field games.	Throwing accurately underarm and overarm. Scoop a moving ball off the floor. Bowl using underarm to a target and partner. Using a cone or a tee starting to strike using the correct body stance and swing. Know how to make the runs as the batsperson (rock the baby, cut the line). Three calls – yes, no, wait.	Underarm, overarm, scoop, ball, target, bowl, bowler, stance, swing, back swing, run, runs, bat, rock the baby, cut the line, batsperson.

\*A combination of Sports Plus and PE Hub have supported the planning of this document.