

Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 3

Athletics



Vocabulary

Knowledge

Understanding

Skills

What children will know

What children will understand

What children will be able to do

Define the word and include etymology if useful.

Learning

Teaching

Assessment

Learning

Teaching

Assessment

Learning

Teaching

Assessment

Remembering

Telling

Testing

Practising

Coaching

Observing

Reflecting

Facilitating

Evaluating

Balance
Co-ordination
Distance
Movement
Accelerate
Combination
Develop
Pull
Target
Technique

Children will know what they do well and what they find difficult, identifying what they need to practice to improve their performance.

Children will know the pace judgement when running over an increased distance.

Children will know how their bodies feel when exercising and understand the link between heart rate and breathing during exercise.

Children will understand how to apply and develop a broad range of athletic skills in different ways.

Children will understand how to show control, coordination and consistency when running, throwing and jumping.

Children will understand how to choose the appropriate running speed to meet the demand of the task.

Children will understand there is enjoyment when competing with others.

Children will be able to throw a variety of different objects.

Children will be able to jump with control.

Children will be able to run with correct arm techniques.

Children will be able to run in races.

Children will be able to compete against others.

Children will be able to follow the rules.

Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 3

Badminton



Vocabulary

Define the word and include etymology if useful.

Accuracy

Balance

Cooperation

Recieve

Serve

Forehand

Swing

Stance

Power



Knowledge

What children will know

Learning

Teaching

Assessment

Remembering

Telling

Testing

Children will know describe correct grip and technique. Knowing how to serve a forehand and backhand serve with accuracy.

Children will know chasse step and lunge in practice and games.



Understanding

What children will understand

Learning

Teaching

Assessment

Practising

Coaching

Observing

Children will understand how to develop control of the shuttle with and without the racket.

Children will understand how to show a good stance and structure when throwing and hitting the shuttle.

Children will understand how to improve control of the shuttle with and without the racket, developing different movements.

Children will understand how to participate in rallies.

Children will understand how to hit the shuttle, when in the air.



Skills

What children will be able to do

Learning

Teaching

Assessment

Reflecting

Facilitating

Evaluating

Children will be able to watch, track and catch a shuttle successfully.

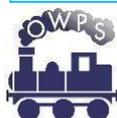
Children will be able to move changing direction and speed.

Children will be able to balance a shuttle on a racket.

Children will be able to hit a shuttle with some control.

Children will be able to perform a forehand serve using the correct grip.

Children will be able to hit a shuttle into space to try and beat an opponent.



Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 3

Basketball

Vocabulary

Define the word and include etymology if useful.


Knowledge

What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing


Understanding

What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing


Skills

What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Shoot
Score
Space
Accuracy
Dribbling
Possession
Passing
Chest/bounce pass
Teamwork
Skills
Rules

Children will know to employ simple tactics in game situations.

Children will know to recognise and explain good performances.

Children will know the link between heart rate and breathing when exercising.

Children will understand how to move with the ball keeping it under control.

Children will understand how to keep possession of a ball as part of a team.

Children will understand how to pass/send a ball with increasing accuracy and receive a ball successfully.

Children will understand how to take up space/positions that make it difficult for opponents.

Children will be able to pass/send a ball with increasing difficulty.

Children will be able to move with the ball keeping it under control.

Children will be able to pass the ball in different ways

Children will be able to move with purpose.

Children will be able to begin to think about tactics in a game.

Children will be able to play in small sided games, employing tactics.



Orton Wistow Primary School – Curriculum Plan

Subject : PE
Year : Year 3
Cricket

Vocabulary

Define the word and include etymology if useful.


Knowledge
 What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know what they need to practice improving their performance.

Children will know the link between heart rate and breathing when exercising.

Children will know suitable warm up activities for upcoming activities.


Understanding
 What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

Children will understand how to apply and develop a broader range of skills, whilst ensuring basic skills are still met.

Children will understand how to throw a ball to increasing distances, catch a ball and hit a ball.

Children will understand how to intercept and stop the ball consistently.

Children will understand what worked well as a team, employing tactics, particularly when fielding to make it harder for the batter.


Skills
 What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to throw a ball with increasing accuracy and distance.

Children will be able to catch a ball with increasing consistency.

Children will be able to successfully hit a ball from a tee.

Children will be able to hit a ball with correct technique.

Children will be able to choose fielding skills to make it difficult for an opponent.

Children will be able to work well as part of a team.

Batting
 Fielding
 Grip
 Score
 Wickets
 Wicket Keeper
 Bowler
 Technique
 Position
 Striking
 Communication



Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 3

Dance


Vocabulary

Define the word and include etymology if useful.

Fluency
Choreography
Level
Canon
Position
Tutting
Unison
Count
Emotions
Expressions
Performance
Audience


Knowledge

What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know to describe and evaluate the effectiveness and quality of a dance.
Children will know what collaboration with others is.


Understanding

What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

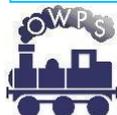
Children will understand how to create narratives in response to a stimulus.
Children will understand how to show control, accuracy and fluency of movement when performing actions with a partner.
Children will understand how to develop dance phrases using canon, unison, repetition, action and question.
Children will understand how to communicate what they want through their dances and perform with control.
Children will understand how to combine actions and maintain the quality of performance when performing at the same time as a partner.


Skills

What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to show fluency when moving.
Children will be able to link movement patterns together.
Children will be able to collaborate with others.
Children will be able to perform at the same time as a partner.
Children will be able to perform as various characters when moving to music.
Children will be able to communicate feelings through dance.



Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 3

Tri Golf

Vocabulary

Define the word and include etymology if useful.

Chipping
Control
Putting
Target
Course
Consistent
Accuracy
Fairway
Bunker
Rough
Collision


Knowledge
What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know that correct technique can create a successful shot.


Understanding
What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

Children will understand how to develop the chipping technique, consistently lifting the ball from the floor.

Children will understand how to apply putting skills into game situations.

Children will understand how to show control and control to make accurate shots.

Children will understand how to demonstrate good teamwork skills.


Skills
What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to successfully hit the target using a putt shot.

Children will be able to play putting games.

Children will be able to begin to chip the ball over obstacles.

Children will be able to play games with others.

Children will be able to compete in target games against others.

Children will be able to hit a ball with control.



Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 3

Football



Vocabulary

Define the word and include etymology if useful.

Speed
Dribble
Shoot
Attack
Defend
Marking
Tackle
Power
Receive
Position
Accuracy
Movement



Knowledge

What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know simple tactics in game situations.

Children will recognise good performance and be able to identify what they need to practice to improve their own performance.

Children will know how their body feels when exercising.



Understanding

What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

Children will understand how to move a ball keeping it under control.

Children will understand how to perform basic skills needed for games with control and accuracy.

Children will understand pass/send a ball with increasing accuracy and at different speeds.

Children will understand basic principles for attacking and defending - finding space.



Skills

What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to stop the ball with their feet.

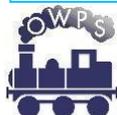
Children will be able to pass the ball with the inside of their feet.

Children will be able to move with the ball.

Children will be able to make a standing tackle.

Children will be able to shoot a stationary football.

Children will be able to participate in games controlling the ball.



Orton Wistow Primary School – Curriculum Plan

Subject :

PE

Year : Year 3

Gymnastics



Vocabulary

Define the word and include etymology if useful.

Straddle

Experiment

Level

Point

Pike

Control

Routine

Combine

Apparatus

Arabesque

Practise

Quality



Knowledge

What children will know

Learning

Teaching

Assessment

Remembering

Telling

Testing

Children will know how to evaluate and recognise their own success and areas for improvement, as well as the effectiveness and quality of a performance.

Children will know how their body feels when exercising.



Understanding

What children will understand

Learning

Teaching

Assessment

Practising

Coaching

Observing

Children will understand how to perform a range of actions, agilities and skills with consistency, fluency and clarity of movement.

Children will understand how to experiment with a range of actions, varying and combining spatial patterns, speed, tension.

Children will understand how to create gymnastic sequences that include changes of dynamic.

Children will understand how to create, perform, and repeat sequences that include changes of dynamic.

Children will understand how to develop flexibility, strength, control and technique.



Skills

What children will be able to do

Learning

Teaching

Assessment

Reflecting

Facilitating

Evaluating

Children will be able to perform 9 key shapes.

Children will be able to travel using different body parts.

Children will be able to create and experiment with sequences.

Children will be able to create sequences of shapes, balances, rolls and travel.

Children will be able to share ideas in a group.

Children will be able to recognise own successes.



Orton Wistow Primary School – Curriculum Plan

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Orienteering



Vocabulary

Define the word and include etymology if useful.



Knowledge
What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know how to participate in competitive orienteering events, following instructions of the game.

Children will know that activities need thinking through and planning.

Children will know how to evaluate their performance and recognise what went well and what could be improved.



Understanding
What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

Children will understand how to participate in team games, working cooperatively, solving problems with others.

Children will understand how to communicate effectively with other people and discuss plans to achieve success.

Children will understand how to make a map with symbols and be able to recognise where they are on a map, using basic techniques.

Children will understand how to move confidently in different ways, developing agility, balance and co-ordination.



Skills
What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to communicate effectively with others.

Children will be able to move confidently with control.

Children will be able to make a map.

Children will be able to understand the different points on a map.

Children will be able to compete against others.

Children will be able to complete a picture orienteering event.

Teamwork
Map Skills
Picture Orienteering
Control Plotting
Indoor Mapping
Communication
Problem Solving



Orton Wistow Primary School – Curriculum Plan

Subject : PE
Year : Year 3
Rounders

Vocabulary

Define the word and include etymology if useful.

Throwing
 Fielding
 Catching
 Batting
 Long barrier
 Target
 Accuracy
 Technique
 Aiming
 Power
 Communication


Knowledge
 What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know what they need to practice which will improve their performance.
 Children will know how their body feels when exercising and understand the link between heart rate and breathing.
 Children will know simple tactics in games.
 Children will know suitable warm up activities for upcoming activities.


Understanding
 What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

Children will understand how to apply a broader range of skills, whilst ensuring basic skills are performed with control and accuracy.
 Children will understand how to throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with consistency.
 Children will understand how to intercept and stop a ball consistently.
 Children will understand how to work well as a part of a team.


Skills
 What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to throw a ball with increasing accuracy.
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Orton Wistow Primary School – Curriculum Plan

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Tri Golf



Vocabulary

Define the word and include etymology if useful.

Chipping
Control
Putting
Target
Course
Consistent
Accuracy
Fairway
Bunker
Rough
Collision



Knowledge
What children will know

Learning	Teaching	Assessment
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Children will know that correct technique can create a successful shot.



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