

Tickhill Estfeld School
Year 3: PE - Teaching Sequence 2022-23

Year 3				
Autumn Term 1			Autumn Term 2	
Lesson	Fundamentals Y3	Football	Basketball	Dance
1	<p>LO: To develop balancing and understand the importance of this skill</p> <p>SC: I can demonstrate balance when performing other fundamental skills</p>	<p>LO: To develop controlling the ball and dribbling under pressure</p> <p>SC: I am beginning to use simple tactics. I am learning the rules of the game and I am beginning to use them to play honestly and fairly</p>	<p>LO: To develop the attacking skill of dribbling.</p> <p>SC: I am learning the rules of the game and am beginning to use them honestly.</p>	<p>LO: To create actions in response to a stimulus and move in unison with a partner.</p> <p>SC: I can use dynamic and expressive qualities in relation to an idea.</p>
2	<p>LO: To understand how to change speed and be able to demonstrate good technique when running at different speeds</p> <p>SC: I can change direction quickly</p>	<p>LO: To develop passing to a teammate</p> <p>SC: I can dribble, pass, receive and shoot the ball with some control</p>	<p>LO: To use protective dribbling against an opponent.</p> <p>SC: I am beginning to use simple tactics.</p>	<p>LO: To create actions to move in contact with a partner or interact with a partner.</p> <p>SC: I can work with a partner and in a small group, sharing ideas.</p>
3	<p>LO: To demonstrate a change of speed and direction to outwit others</p> <p>SC: I can identify when I was successful</p>	<p>LO: To be able to control the ball with different parts of the body</p> <p>SC: I can find space away from others and near to my goal</p>	<p>LO: To develop the bounce and chest pass and begin to recognise when to use them.</p> <p>SC: I can provide feedback using key words. I can dribble, pass, shoot and receive the ball with some control</p>	<p>LO: To select and link appropriate actions and dynamics to show our dance idea.</p> <p>SC: I can use counts to keep in time with a partner and group.</p>

4	<p>LO: To develop technique and control when jumping, hopping and landing</p> <p>SC: I can link hopping and jumping actions</p>	<p>LO: To develop changing direction with the ball using an inside and outside hook</p> <p>SC: I can provide feedback using key words</p>	<p>LO: To develop tracking and defending an opponent.</p> <p>SC: I can track an opponent to slow them down.</p>	<p>LO: To remember, repeat and create actions to represent an idea.</p> <p>SC: I create short dance phrases that communicate the idea.</p>
5	<p>LO: To develop skiing with a rope</p> <p>SC: I am able to jump and turn a skipping rope</p>	<p>LO: To jockey/track an opponent</p> <p>SC: I can track an opponent to slow them down</p>	<p>LO: To develop the technique for the set shot.</p> <p>SC: I can find space away from others and near to my goal.</p>	<p>LO: To share ideas of actions and dynamics to create a dance that shows a location.</p> <p>SC: I can provide feedback using key words.</p>
6	<p>LO: To apply fundamental skills to a variety of challenges</p> <p>SC: I understand why it is important to warm up.</p> <p>I understand how the body moves at different speeds</p>	<p>LO: To be able to apply the rules and tactics you have learnt to play in a football tournament</p> <p>SC: I understand my role as an attacker and as a defender.</p> <p>I work co-operatively with my group to self-manage games.</p>	<p>LO: To be able to apply the skills, rules and tactics you have learnt to a mini tournament.</p> <p>SC: I understand my role as an attacker and as a defender</p> <p>I work co-operatively with my group to self-manage games.</p>	<p>LO: To use choreographing ideas to develop our dance.</p> <p>SC: I am respectful of others when watching them perform.</p> <p>I can repeat, remember and perform a dance phrase.</p>
	Spring Term 1		Spring Term 2	
	Athletics	Gymnastics	Hockey	Fitness
1	<p>LO: To develop the sprinting technique and improve on your personal best</p> <p>SC: To show determination to achieve my personal best</p>	<p>LO: To be able to create an interesting point and patch balances</p> <p>SC: I can complete actions with increasing balance and control</p>	<p>LO: To develop sending the ball with a push pass</p> <p>SC: I am learning the rules of the game and am beginning to use them honestly</p>	<p>LO: To develop an awareness of what your body is capable of</p> <p>SC: I understand that there are different areas of fitness</p>

2	<p>LO: To develop changeover in relay events</p> <p>SC: I can take part in a relay activity, remembering when to run and what to do</p>	<p>LO: To develop stepping into shape jumps with control</p> <p>SC: I can choose actions that flow well into one another</p>	<p>LO: To develop receiving the ball</p> <p>SC: I am beginning to use simple tactics</p>	<p>LO: To develop speed and strength</p> <p>SC: I can use key points to help me to improve my sprinting technique</p>
3	<p>LO: To develop jumping technique in a range of approaches and take off positions</p> <p>SC: I am developing jumping for distance</p>	<p>LO: To develop the straight, barrel, and forward roll</p> <p>SC: With help, I can recognise how performances could be improved</p>	<p>LO: To develop dribbling using the reverse stick (Indian dribble)</p> <p>SC: I can dribble, pass, receive and shoot the ball with some control</p>	<p>LO: To complete actions to develop co-ordination</p> <p>SC: I can complete exercises with control</p>
4	<p>LO: To develop throwing for distance and accuracy</p> <p>SC: I can throw a variety of objects, changing my action for accuracy and distance</p>	<p>LO: To be able to transition smoothly into and out of balances</p> <p>SC: I can choose and plan sequences of contrasting actions</p>	<p>LO: To develop moving into space after passing the ball</p> <p>SC: I can find space away from others and near to my goal</p> <p>I can provide feedback using key words</p>	<p>LO: To complete actions to develop agility</p> <p>SC: I can persevere when I find a challenge hard</p> <p>I can work safely with others</p>
5	<p>LO: To develop throwing for distance in a pull throw</p> <p>SC: I can throw a variety of objects, changing my action for accuracy and distance</p>	<p>LO: To create a sequence with matching and contrasting actions and shapes</p> <p>SC: I can use a number of my own ideas for movements in response to a task</p> <p>I can provide feedback using key words</p>	<p>LO: To use an open stick tackle to gain possession</p> <p>SC: I can track an opponent to slow them down</p>	<p>LO: To complete the actions to develop balance</p> <p>SC: I show balance when changing direction</p>

6	<p>LO: To develop officiating and performing skills</p> <p>SC: I can work with a partner and in a small group, sharing ideas</p> <p>I can identify when I was successful</p>	<p>LO: To create a partner sequence incorporating equipment</p> <p>SC: I can move in unison with a partner</p> <p>I can adapt sequences to suit different types of apparatus</p>	<p>LO: To apply defending and attacking principles and skills in a hockey tournament</p> <p>SC: I understand my role as an attacker and as a defender</p> <p>I work co-operatively with my group to self-manage games</p>	<p>LO: To complete actions to develop stamina</p> <p>SC: I can collect and record my scores, recognising my strengths</p> <p>I can provide feedback using key words</p>
	Summer Term 1		Summer Term 2	
	Rounders	Tag Rugby	Cricket	Athletics
1	<p>LO: To play different roles in a game and begin to think tactically about each role</p> <p>SC: I am learning the rules of the game and I am beginning to use them.</p>	<p>LO: To develop throwing, catching and running with the ball.</p> <p>SC: I can pass and receive the ball with some control.</p>	<p>LO: To develop overarm throwing and catching.</p> <p>SC: I am learning the rules of the game and I am beginning to use them honestly.</p>	<p>LO: To develop the sprinting technique and improve on your personal best</p> <p>SC: To show determination to achieve my personal best</p>
2	<p>LO: To develop the bowling action and learn the rules of bowling</p> <p>SC: I am able to bowl a ball towards a target</p>	<p>LO: To develop an understanding of tagging rules.</p> <p>SC: I understand my role as an attacker and a defender.</p>	<p>LO: To develop underarm bowling.</p> <p>SC: I am able to bowl a ball towards a target.</p> <p>I can use overarm and underarm throwing, and catching skills.</p>	<p>LO: To develop changeover in relay events</p> <p>SC: I can take part in a relay activity, remembering when to run and what to do</p>
3	<p>LO: To run around the outside of the bases and make decisions about when to stop and when to run</p>	<p>LO: To begin to use the 'forward pass' and 'off side' rule.</p>	<p>LO: To learn how to grip the bat and develop batting technique.</p> <p>SC: I am beginning to strike a bowled ball after a bounce.</p>	<p>LO: To develop jumping technique in a range of approaches and take off positions</p>

	SC: I am developing an understanding of tactics and I am beginning to use them in game situations	SC: I am learning the rules of the game and I am beginning to use them honestly.		SC: I am developing jumping for distance
4	LO: To field a ball using a two-handed pick and a shot barrier SC: I can use overarm and underarm throwing and catching skills	LO: To dodge a defender and move into space when running towards the goal. SC: I can communicate with my team and move into space to help them. I can move the ball towards goal with increasing control.	LO: To be able to field a ball using a two-handed pick up and a short barrier. SC: I can persevere when learning a new skill.	LO: To develop throwing for distance and accuracy SC: I can throw a variety of objects, changing my action for accuracy and distance
5	LO: To develop batting technique and an understanding of where to hit the ball SC: I am beginning to strike a bowled ball	LO: To develop defending skills and use them in a game situation. SC: I can defend an opponent and attempt to tag them.	LO: To develop overarm bowling technique. SC: I can provide feedback using key words.	LO: To develop throwing for distance in a pull throw SC: I can throw a variety of objects, changing my action for accuracy and distance
6	LO: To apply skills and rules learnt to play rounders SC: I can provide feedback using key words I work co-operatively with my group to self-manage games	LO: To apply the rules and skills you have learnt and play in a tag rugby tournament. SC: I work cooperatively with my group to self-manage games.	LO: To play skills learnt to mini cricket. SC: I work co-operatively with my group to self-manage games. I am developing an understanding of tactics and I am beginning to use them in game situations.	LO: To develop officiating and performing skills SC: I can work with a partner and in a small group, sharing ideas I can identify when I was successful