

# **Year 3 One Goal – PE Overview**

## **Autumn Term 1**

Basketball

### **Dribbling**

How to dribble the ball effectively over a short distance

### **Passing**

How to pass the ball when static and when moving including; bounce pass, chest pass, over-arm pass

### **Catching/ ready position**

Body shape and stance to prepare for catching the ball

Basic catching technique

### **Shooting**

Different ways to try and score a goal including; lay-up and free-throws (where nets are accessible)

### **Attacking as a team**

Basic attacking principles

Communication and teamwork

### **Defending as a team**

Basic defending principles

Communication and teamwork

### **Small sided games**

Variety of conditioned small sided games

Free-play games to practice/improve skills

## **Autumn Term 2**

Hockey

### **Dribbling**

How to hold a hockey stick

How to dribble the ball effectively over a short distance

### **Passing and Trapping**

How to perform push pass technique when static and when moving

How to trap/stop the ball

### **Tackling**

How to tackle opposition including; block, jab

## **Year 3 One Goal – PE Overview**

### **Shooting**

Different ways to try and score a goal when static and when moving

### **Attacking as a team**

Basic attacking principles

Communication and teamwork

### **Defending as a team**

Basic defending principles

Communication and teamwork

## **Spring Term 1**

Gymnastics

### **Shapes**

Basic gymnastics shapes including; straight, tuck, dish, arch, pike, star, straddle, letters

How to maintain shape position

Linking shapes together

### **Balances**

Basic point and patch balances

To hold basic balances individually and with a partner

To hold balances for a sustained period of time

Counterbalancing with a partner

### **Travelling**

Different ways of moving including; animal movements, basic leaping, bunny hops

Link travelling movements together individually and with a partner

### **Flight**

Jump and land safely from floor level incorporating shapes

Jump and land safely from a small height incorporating shapes e.g. bench

Linking flight and travelling together

### **Rolls**

Perform rocking techniques

Safely perform rolls including; pencil, teddy bear, forward, backwards

Link rocking and rolls together

Link rolls and travelling

### **Partner work**

Mirror, matching and contrasting movements with a partner, including counterbalancing

Linking sequences together using mirror, matching and contrasting

### **Sequences**

Link basic skills together to create a short sequence individually and with a partner

# **Year 3 One Goal – PE Overview**

## **Spring Term 2**

Tag-Rugby

### **Handling/ ready position**

How to hold a rugby ball

Body shape and stance to prepare for catching the ball

### **Passing**

How to pass the ball when static and when moving

Technique of passing

Introduction to passing backwards

### **Running/ carrying the ball**

How to keep the ball safe when carrying it

Dodging movements to help protect the ball

### **Tagging**

Understanding of how to tag an individual

Basic rules for tagging element of the game

### **Scoring**

Scoring system for tag-rugby

How to score a try

### **Attacking as a team**

Basic attacking principles

Communication and teamwork

### **Defending as a team**

Basic defending principles

Communication and teamwork

### **Small sided games**

Variety of conditioned small sided games

Free-play games to practice/improve skills

## **Summer Term 1**

Cricket

### **Throwing**

Basic throwing technique when static and when moving

### **Catching**

Body shape and stance to prepare for catching the ball

Basic catching technique

## **Year 3 One Goal – PE Overview**

### **Rolling and stopping**

Basic under-arm rolling technique  
How to stop the ball; long-barrier

### **Bowling**

Basic under-arm and overarm bowling technique

### **Batting**

How to hold a cricket bat and batting stance  
Basic batting shots including; straight drive

### **Fielding**

How to combine skills to run, gather and throw/roll

### **Small sided games**

Variety of conditioned small sided games  
Free-play games to practice/improve skills

## **Summer Term 2**

Athletics

### **Running**

Running/sprinting technique  
Basic crouch start

### **Throwing**

Basic throwing techniques for athletic events including; shot-put, javelin, discus

### **Jumping**

Basic jumping techniques for athletic events including; long jump, speed bounce

### **Relay**

How to take part in a team-relay  
How to receive and pass the baton

### **Mini-olympics**

Mini-olympic style event to practice/improve their skills