

PE MEDIUM TERM PLAN (MTP) YEAR 3 2022-2023: SEE BELOW FOR LESSON OUTLINE

PE MTP Y1	Autumn 1: 8 WEEKS	Autumn 2: 7 WEEKS	Spring 1: 6 WEEKS	Spring 2: 6 WEEKS	Summer 1: 6 WEEKS	Summer 2: 6 WEEKS
<p><i>Taken from the Year 3 curriculum map</i></p>	<p>Topic Title: Sport and Games</p> <p>Key knowledge: To use running, jumping, throwing and catching in isolation and in combination. Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. To play competitive games.</p> <p>Key Skills: Dodge Ball, Bench Ball, Basketball and Netball – Spatial awareness during play, choose the best space to occupy, use throwing and catching skills, use tactical approaches to attack or defend during a game, apply game rules, demonstrate control whilst moving with the ball, change direction and speed whilst moving with the ball, look up whilst travelling with the ball, send the ball with control and accuracy, send the ball over a range of distances, know when to use the</p>	<p>Topic Title: Sport and Games</p> <p>Key knowledge: To use running, jumping, throwing and catching in isolation and in combination. Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. To play competitive games.</p> <p>Key Skills: Dodge Ball, Bench Ball, Basketball and Netball – Spatial awareness during play, choose the best space to occupy, use throwing and catching skills, use tactical approaches to attack or defend during a game, apply game rules, demonstrate control whilst moving with the ball, change direction and speed whilst moving with the ball, look up whilst travelling with the ball, send the ball with control and accuracy, send the ball over a range of distances, know when to use the</p>	<p>Topic Title: Gymnastics and Dance</p> <p>Key knowledge: To develop flexibility, strength, technique, control and balance. To perform dances using a range of movement patterns.</p> <p>Key Skills: Agility/balance and coordination. Use mats to do floor work. Creating shapes and movement through the air. Creating more complex routing individually and in pairs. Navigate changes fluently using correct posture.</p> <p>Dance: Link to topic work – River dance/Mexican traditional dancing. Create performances based on stories using emotive expression</p> <p>Key vocabulary: Formation, rhythm, movement, stretch, rebound, motif, dynamic, expression, tempo, pulse, speed, control, pace, synchronise and unison. Pass, throw, catch, pivot, strike, opposition, Sequence, pattern, team work, group performance and solo performance.</p>	<p>Topic Title: Invasion games</p> <p>Key knowledge: To use running, jumping, throwing and catching in isolation and in combination. Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. To play competitive games.</p> <p>Key Skills: Netball/hockey - To stay in the correct space in a game. To choose the best space to occupy in a game. Use throwing and catching skills in a game. Use tactical skills to attack or defend during a game successfully. Follow rules to play a game.</p> <p>Key vocabulary: Movement, invasion, possession, communication, attacking, attacker, defending, defender, midfield, position, dodging, weaving,</p>	<p>Topic Title: Swimming and sports day</p> <p>Key knowledge: To swim competently, confidently and proficiently over a distance of at least 25 metres. To use a range of strokes effectively. Perform safe self-rescue in different water-based situations.</p> <p>Key Skills: Swimming - Front crawl, back stroke, breast stroke, Pool safety</p> <p>Sports day - Throwing skills, use running, jumping and throwing and select a suitable running pace for the required distance.</p> <p>Key vocabulary: Stroke, kick, front, back, push, glide, breathe, breath, alternating leg kicks, Athletics, event, track, field, running, jumping, throwing, fundamental movement skills, fundamentals, Olympics, technique, underarm throw, overarm throw.</p> <p>Reflect and improve To be able to compare their performances with</p>	<p>Topic Title: Swimming and sports day</p> <p>Key knowledge: To swim competently, confidently and proficiently over a distance of at least 25 metres. To use a range of strokes effectively. Perform safe self-rescue in different water-based situations.</p> <p>Key Skills: Swimming - Front crawl, back stroke, breast stroke, Pool safety</p> <p>Sports day - Throwing skills, use running, jumping and throwing and select a suitable running pace for the required distance.</p> <p>Key vocabulary: Stroke, kick, front, back, push, glide, breathe, breath, alternating leg kicks, Athletics, event, track, field, running, jumping, throwing, fundamental movement skills, fundamentals, Olympics, technique, underarm throw, overarm throw.</p> <p>Reflect and improve To be able to compare their performances with</p>

	<p>right pass, understand the job of the defender and the defending team and know how to mark an opponent.</p> <p>Key vocabulary: Catching and throwing, Target throwing, Co-ordination, Innings, Field, Fielding, Position, Passing, Game area, possession, communication, attacking, attacker, defending, defender, midfield, position, dodging, weaving, marking, intercepting, opponent, anticipate.</p>	<p>right pass, understand the job of the defender and the defending team and know how to mark an opponent.</p> <p>Key vocabulary: Catching and throwing, Target throwing, Co-ordination, Innings, Field, Fielding, Position, Passing, Game area, possession, communication, attacking, attacker, defending, defender, midfield, position, dodging, weaving, marking, intercepting, opponent, anticipate.</p>	<p>Invasion game, invasion, possession, communication, attacking, attacker, defending, defender, midfield, position, dodging, weaving, marking, intercepting, opponent, anticipate.</p>	<p>marking, intercepting, opponent, anticipate.</p>	<p>underarm throw, overarm throw.</p> <p>Reflect and improve To be able to compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>previous ones and demonstrate improvement to achieve their personal best.</p>
Lesson 1	<p>Lesson objective (s): To practice and refine catching and throwing</p> <p>Brief outline of main tasks: The children will recap previous catching and throwing skills. They will learn how to throw with accuracy and improve catching using hand eye coordination. They will play a game of dodgeball and bench ball to practice</p>	<p>Lesson objective (s): To understand catching and throwing in netball and basketball</p> <p>Brief outline of main tasks: The children will recap previous catching and throwing skills. They will practice throwing with accuracy and improve catching using a range of basketball and netball skills.</p>	<p>Gymnastics Lesson objective (s): To perform static shapes</p> <p>Brief outline of main tasks: The children will learn to create stationary shapes on an apparatus, the floor and in the air. They will learn the star, tuck, straddle and pike. They will learn to control and clearly perform the shape safely and be able to identify each position.</p> <p>Dance Lesson objective (s):</p>	<p>Lesson objective (s): To catch a ball with accuracy</p> <p>Brief outline of main tasks: The children will learn how catching the ball accurately is essential for successful fielding. The children will learn the correct posture, hand eye coordination and body position required to catch a ball accurately. The children will work in</p>	<p>Lesson objective (s): To practice existing running, jumping and throwing skills</p> <p>Brief outline of main tasks: The children will recall and practice existing skills. They will learn to jump and land safely, refine techniques to improve throwing distance and identify suitable running pace.</p>	<p>Lesson objective (s): To practice existing running, jumping and throwing skills</p> <p>Brief outline of main tasks: The children will recall and practice existing skills. They will learn to jump and land safely, refine techniques to improve throwing distance and identify suitable running pace.</p>

	throwing and catching techniques.		To improvise and create movements with a partner Brief outline of main tasks: The children will create a dance phrase using a volcanic eruption as a stimulus to create and combine dance movements with a partner showing flow, unison and control.	teams to practice catching the ball with continuous feedback for improvement.	Swimming dates to be confirmed due to COVID – 19 See below for brief outline of main tasks for swimming.	
Lesson 2	Lesson objective (s): To understand the basic principles of team games Brief outline of main tasks: The children will learn the basic principles of attacking and defending, team work, maintain possession of the ball and how to regain possession of the ball.	Lesson objective (s): To understand basic game principles in netball Brief outline of main tasks: The children will learn the basic principles of attacking and defending in netball. Work as a team to help the ball travel towards the net using a range of different throws. The children will learn basic footwork and rules to prevent a foul.	Gymnastics lesson objective (s): To make body shapes in the air Brief outline of main tasks: This lesson will be focusing on performing shapes in the air, applying previous learning about static body shapes, by trying to create some of these shapes while in the air using a range of take-off and landing techniques. Dance lesson objective (s): To create and perform imaginative movements to fit with different stimuli. Brief outline of main tasks: This lesson will focus on rumble and shakes as part of the 'extreme earth' dance steps. The will use sounds as a stimuli to produce movements that represent rumbles and shakes, combine movements to create a dance narrative, evaluate	Lesson objective (s): To throw with accuracy Brief outline of main tasks: The children will learn to throw a ball using the correct hand movements and posture. The children will practice throwing in teams using skills learnt.	Lesson objective (s): To improve sprinting skills Brief outline of main tasks: The children will learn the correct sprinting techniques, body posture, quick feet and fast arms and how to manage their breathing to produce and efficient running technique. The children will evaluate each other's technique and feedback for improvement.	Lesson objective (s): To improve sprinting skills Brief outline of main tasks: The children will learn the correct sprinting techniques, body posture, quick feet and fast arms and how to manage their breathing to produce and efficient running technique. The children will evaluate each other's technique and feedback for improvement.

			and feedback to improve performance.			
Lesson 3	<p>Lesson objective (s): To understand how to move with the ball</p> <p>Brief outline of main tasks: The children will learn different ways of moving with ball based on the activity. They will learn to move the ball with speed, control, change direction and looking up from the ball while moving to a target.</p>	<p>Lesson objective (s): To understand basic game principles in basketball</p> <p>Brief outline of main tasks: The children will learn the basic principles of offence and defence in basketball. Work as a team to help the ball travel towards the basket using a range of different throws. The children will learn basic footwork and dribbling skills, rules of travelling with the ball and marking to prevent a foul.</p>	<p>Gymnastics lesson objective (s): To perform a range of rhythmic gymnastics moves.</p> <p>Brief outline of main tasks: The children will learn the fundamental basics of throwing, catching and rolling in rhythmic gymnastics. They will perform basic gymnastic moves and body shapes whilst manipulating an apparatus in a range of ways with control.</p> <p>Dance lesson objective (s): To work in a group to create new actions.</p> <p>Brief outline of main tasks: The children will create a dance motif that depicts the journey of a tsunami. They will work as a group to add interesting jumps and turns using varying speed to create their motif.</p>	<p>Lesson objective (s): To strike a ball in an intended direction</p> <p>Brief outline of main tasks: This lesson will focus on how to hold a hockey stick using the correct grip, where to position the body and the swing motion to strike a ball.</p>	<p>Lesson objective (s): To run with fluency over hurdles</p> <p>Brief outline of main tasks: The children will learn the hurdling techniques, understand the term lead leg and trail leg, develop stride patterns and run with focus, rhythm and coordination over obstacles.</p>	<p>Lesson objective (s): To run with fluency over hurdles</p> <p>Brief outline of main tasks: The children will learn the hurdling techniques, understand the term lead leg and trail leg, develop stride patterns and run with focus, rhythm and coordination over obstacles.</p>
Lesson 4	<p>Lesson objective (s): To pass the ball using a range of techniques</p> <p>Brief outline of main tasks: The children will learn when to use the correct pass, pass the ball over varying distances with control</p>	<p>Lesson objective (s): To apply skills and techniques</p> <p>Brief outline of main tasks: The children will apply the skills they have been practicing in small groups. They will practice, catching and</p>	<p>Gymnastics lesson objective (s): To perform a rhythmic gymnastics routine.</p> <p>Brief outline of main tasks: The children will focus on creating a rhythmic gymnastics routine, they will be recapping on some of the skills and moves</p>	<p>Lesson objective (s): To understand how to defend an opponent</p> <p>Brief outline of main tasks: The children will learn how to defend an opponent in order to regain possession and prevent your opponent</p>	<p>Lesson objective (s): To jump for distance</p> <p>Brief outline of main tasks: The children will learn and practice the correct technique for the long jump and standing long jump. They will practice their</p>	<p>Lesson objective (s): To jump for distance</p> <p>Brief outline of main tasks: The children will learn and practice the correct technique for the long jump and standing long jump. They will practice their skills using safe</p>

	<p>and accuracy, use a range of passes; chest pass, overhead pass, shoulder pass, bounce pass.</p> <p>The children will work in teams to practice their techniques.</p>	<p>throwing, attack and defence and the correct footwork based on the basketball or netball. They will learn when to use the correct pass over varying distances with control and accuracy, going from attacker to defender and how to recover possession of the ball.</p>	<p>learnt from previous lessons as well as learning some new skills. They will also be introducing a new piece of hand apparatus (the hoop) to their routine. They will apply what they have learnt by performing a rhythmic gymnastics routine with a partner.</p> <p>Dance lesson objective (s): To show awareness of others during movement.</p> <p>Brief outline of main tasks: The children will work in groups to create a dance motif that demonstrates the destructive nature of tornadoes, they will create movements to represent the different properties of a tornado, work co-operatively as a group to create a dance motif, where each dancer is 'the tornado'. They will evaluate and feedback on their performance.</p>	<p>scoring. The children will learn how to position their body to force the opponent in a different direction, disrupt their pass and regain possession.</p>	<p>skills using safe jumping and landing techniques and compare jumps to different animals.</p> <p>Sports day 01/07/2021</p>	
Lesson 5	<p>Lesson objective (s): To understand how to defend</p> <p>Brief outline of main tasks: The children will learn how to mark an opponent and the importance of defending in a game. The children will learn how to stop an opponent from getting</p>	<p>Lesson objective (s): To play a game of basketball</p> <p>Brief outline of main tasks: The children will use the skills they have learnt to play mini games of basketball, evaluate and feedback on each other's performance.</p>	<p>Gymnastics lesson objective (s): To create symmetrical Symmetrical body shape.</p> <p>Brief outline of main tasks: The children will learn about symmetrical shapes and create some shapes individually, in pairs and groups. They will add an apparatus to add visual effect using their bodies.</p>	<p>Lesson objective (s): To understand how to attack an opponent</p> <p>Brief outline of main tasks: Th children will learn basic skills of how to move forward when in possession, evade a defender using quick change of direction, speed and deception. The children will learn</p>	<p>Lesson objective (s): To develop and refine throwing technique</p> <p>Brief outline of main tasks: The children will practice underarm and overarm throws, they will learn to throw with control and improved accuracy over varying distances.</p>	<p>Lesson objective (s): To develop and refine throwing technique</p> <p>Brief outline of main tasks: The children will practice underarm and overarm throws, they will learn to throw with control and improved accuracy over varying distances.</p>

	and moving forward with the ball.		<p>Dance lesson objective (s): To create and perform a dance showing feelings and emotions.</p> <p>Brief outline of main tasks: The children will work in pairs to create and perform a dance motif showing the effects a natural phenomenon, they will make effective choices on movements that represent different emotions and feelings, consider how their emotions will change at different stages of the disaster. They will use tempo, repetition and cannon as art of their performance.</p>	how to make quick decisions on whether to keep the ball or pass to a team mate.		
Lesson 6	<p>Lesson objective (s): To understand the basic principles of attacking</p> <p>Brief outline of main tasks: The children will learn the job of attacking and the attacking team, how to evade a defender, aim for a target and work as a team.</p>	<p>Lesson objective (s): To play a game of netball</p> <p>Brief outline of main tasks: The children will use the skills they have learnt to play mini games of netball, evaluate and feedback on each other's performance.</p>	<p>Gymnastics lesson objective (s): To apply and perform gymnastics skills learnt.</p> <p>Brief outline of main tasks: The children will recap shapes, safe landing and take-off from previous lessons, they will then create and perform short routines as part of a group. They will evaluate and feedback on each other's performance.</p> <p>Dance lesson objective (s): To work in a group linking actions to create a dance montage</p> <p>Brief outline of main tasks:</p>	<p>Lesson objective (s): To use skills learn in game play</p> <p>Brief outline of main tasks: The children will use the skills they have learnt to play mini games of netball and hockey</p> <p>INCLUDE: ASSESSMENT AND EVALUATIONS</p>	<p>Lesson objective (s): To learn different push throw techniques</p> <p>Brief outline of main tasks: The children will learn the one handed and two handed push throw technique, they will learn to throw varying distances with control and improved accuracy.</p> <p>INCLUDE: ASSESSMENT AND EVALUATIONS</p>	<p>Lesson objective (s): To learn different push throw techniques</p> <p>Brief outline of main tasks: The children will learn the one handed and two handed push throw technique, they will learn to throw varying distances with control and improved accuracy.</p> <p>INCLUDE: ASSESSMENT AND EVALUATIONS</p>

			<p>The children will perform fluent movements and work co-operatively as part of a group. They will create a dance montage to show at least 3 different natural disasters.</p> <p>They will self-assess their understanding and performance.</p> <p>INCLUDE: ASSESSMENT AND EVALUATIONS</p>			
Lesson 7	<p>Lesson objective (s): To apply the basic principles</p> <p>Brief outline of main tasks:</p> <p>The children will apply the skills they have acquired to a game situation. They will use attacking and defending skills, evaluate their performance and identify areas for improvement.</p>	<p>Lesson objective (s): To apply the basic principles</p> <p>Brief outline of main tasks:</p> <p>The children will apply the skills they have acquired to a game situation. They will use attacking and defending skills, evaluate their performance and identify areas for improvement.</p> <p>INCLUDE: ASSESSMENT AND EVALUATIONS</p>	TERM END	TERM END	TERM END	TERM END
Lesson 8	<p>Lesson objective (s): To use feedback to improve performance</p> <p>Brief outline of main tasks: The children will evaluate their last game and recall the</p>	TERM END				

	<p>feedback they received. They will identify areas for improvement. The children will then practice to improve the areas identified and play games to show improvement.</p> <p>INCLUDE: ASSESSMENT AND EVALUATIONS</p>					
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Brief outline of tasks for swimming:

- **STAGE 2**

This stage is for children who have no previous swimming experience. It will help develop water confidence and teach children to be able to swim five metres on both their front and their back. Once they've completed this stage, they'll receive the LTSF Stage 2 Award, as well as the 5m badge. **Swim England Learn to Swim Framework (LTSF)**

- **STAGE 3**

If a child can swim five metres on their front and back unaided, they'll need to enrol in our Stage 3 lessons. Here, they'll be taught towards the end goal of being able to swim unaided for 10m on both their front and back. They'll be supported on this journey by being introduced to aquatic breathing and different types of aquatic mobility. By completing this stage, the child will have attained LTSF Stage 3 accreditation, as well as their award.

- **STAGE 4**

For slightly more advanced children, stage four teaches your child some of the basic swimming techniques, including treading water and swimming underwater. The child will be working towards being able to swim 20m unaided on their front and back. Once they've completed this stage, the child will get a 20m badge as well as the LTSF Stage 4 award.

- **STAGE 5**

If the child can swim 20m on their front and back, then it's time they enrol in the fifth stage of our learn-to-swim programme. As well as working towards being able to swim 25m on their front and back, this stage will begin to develop your child's stroke technique to a higher standard, making them even more confident in the water.