

Year 3 Term	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
What	<p>This half term in PE the children will be exploring different movements within Dance based around a space theme. They will be looking at how the knowledge they know about space can impact their movements and influence how they move. They will be working as part of a small group to build on their teamwork and co-operation skills, listening to other ideas and being able to implement these into their own dance phases. By the end of the half term, they will have created their own dance and will perform this confidently to their peers.</p> <p>Their outdoor lesson this half term is football. Within this unit Year 3 will start to explore tactics and how these impact success within a competitive game. Year 3 will begin to look at the rules of a football match and build on their attacking and defending skills. Working as a team year 3 will begin to self-manage games and be able to explain what is meant by playing fairly and honestly.</p>	<p>Year 3's indoor lesson for Spring 1 will be Dodgeball. During this unit they will be building new skills. there will be an emphasis on throwing the ball with accuracy to get someone out. During the Dodgeball unit year 3 will be learning how to follow rules, remember rules, take turns and show good sportsmanship. They will be able to demonstrate an understanding of some tactics used in dodgeball and will be able to implement them into game play.</p> <p>During Spring 1, Year 3 will be exploring the fundamentals of Tag Rugby. They will be developing their passing and catching skills, practising dodging and teamwork, and learning how to move safely while wearing and pulling tags. Year 3 will be taking part in small-sided games, building confidence, cooperation, and a strong understanding of the basic rules of the sport. Alongside this they will be beginning to develop their attacking and defending skills.</p>	<p>Year 3's indoor lesson for Spring 2 will be Gymnastics with a focus on Symmetry and asymmetry they will be working in partners and will explore how their bodies can represent symmetry. They will begin to demonstrate good balance and flexibility. Year 3 will also be looking at symmetrical and asymmetrical rolls, finishing by creating a routine in partners or small groups and perform this confidently incorporating unison at the end of the half-term.</p> <p>During Spring 2 Year 3 will be exploring Outdoor Adventurous Activities where the focus will be working as part of a team to solve problems. We will be starting to acquire map reading skills and creating maps of our own to navigate our peers. Year 3 will attempt to apply strategies to be successful working competitively against their peers.</p>	<p>In Summer 1 year 3 will begin to build on their prior knowledge of fundamental movement skills of running, jumping and throwing and transfer them into Summer Athletics events, such as the triple jump, standing long jump and vortex. Year 3 will begin to look at stamina and what is needed from our bodies when running long distance. We will begin to look at different running techniques and identify what one works best. Year 3 will be working as part of small groups to record their personal bests and try to beat them.</p> <p>Summer 1 Year 3 will be introduced to a new sport Handball where they will develop a good understanding of movement, ball-handling and teamwork. One of the key focuses for this half term will be running, stopping and changing direction quickly and being able to communicate successfully with their teammates.</p>	<p>In summer 2 Year 3 will be introduced to Rounders where they will develop their striking and fielding skills. Some of the fielding skills we will be developing are, stopping a rolling ball with two hands, gathering the ball and returning it quickly. They will begin to work with their teammates to field effectively using communication and they will begin to explore the purpose of bases and targeting the nearest one.</p> <p>In summer 2 Year 3 will be introduced to tennis. Within this unit we will begin with developing our racket and ball control ensuring that we are holding the racket with the correct grip. We will also be looking at the different terminology used in tennis such as backhand, rally and forehand.</p>