

Taken from Real PE- The highlighted physical skills link to the difficulty of the skill (see FUNS card folder and CD)

PE Long Term Grid Year 3		
Autumn Term	Spring Term	Summer Term
<b>WEEKS 1-3</b>		
<p><b>Physical- FUNS 10</b>            I can skip with high elbows and high knees            I can combine side steps and reverse pivots.            I can combine side steps with front pivots.            I can hopscotch            I can hop scotch alternate feet forwards and backwards            3 step zig zag pattern forwards and backwards.            The above with increased speed</p> <p><b>Personal</b>            I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice (Level 4).            I know where I am with my learning and I have begun to challenge myself (Level 3)            I try several times if at first I don't succeed and I ask for help when appropriate (level 2).</p>	<p><b>Physical- FUNS 5</b>            I can walk forwards, lifting my knees up to a 90 degree angle and moving opposite arm and leg.            I can walk backwards, lifting my knees up to a 90 degree angle and moving opposite arm and leg.            I can perform the above challenges with arms going 'hips to lips'            I can walk fluidly forwards and backwards with heel to toe landings.</p> <p><b>Cognitive</b>            I can understand ways to judge performance and I can identify specific parts to continue to work upon. I use my awareness of space and others to identify areas for improvement (Level 4).            I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement (Level 3).            I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is performing well (level 2).</p>	<p><b>Physical- FUNS 12</b>            I can react and catch a tennis after 1 bounce from 1 and 2 meters.            As Green but catch and balance on one leg.</p> <p><b>Applying Physical skills.</b>            I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities (Level 4).            I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency (level 3).            I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed (Level 2).</p>
<b>WEEKS 4-6</b>		
<p><b>Physical- FUNS 10 (see above)</b>  <b>FUNS 1 (as part of cool down)</b>            I can balance on either leg for 30 seconds.            I can do 5 mini squats on either leg.            I can balance for 30 seconds on either leg with eyes closed.  <b>Personal</b>            I can do 5 90 degree squats on either leg.            I can do x 5 ankle extensions</p>	<p><b>Physical FUNS 5 (see above)</b>  <b>Physical- FUNS 9</b>            I can roll a ball up and round my body standing or sitting with 1 hand in contact. I can transfer the ball from one hand to the other where appropriate.            I can take the ball around 1 leg x 16 (standing with legs apart).</p>	<p><b>Physical- FUNS 12 (see above)</b>  <b>Physical- FUNS 3 (as cool down)</b>            I can hold a front support position and place a cone on my back with one hand and take off with the other.            I can do the above with back support (knees bent).            As above with full front support</p>

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WEEKS 7-9

<p><b>Physical- FUNS 6</b>          I can jump 2 feet to 2 feet with a quarter turn in all directions.          I can jump 2 feet to 1 foot and freeze on landing.          I can jump 2 to 2 feet with a 180 degree turn in one direction.          2-2 feet in both directions          I can do a tucked jump and land in balance          I can do a tuck and half turn.  <b>Social</b>          I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task (level 4)          I show patience and support others, listening well to them about their work. I am happy to show and tell them about my ideas (Level 3).          I can praise and encourage others in their learning (Level 2).</p>	<p><b>Physical- FUNS 8</b>          I can catch a tennis ball with the same hand off one bounce 3-5 meters away from a wall.          As above without a bounce.          As above but catch with opposite hand.          I can throw a tennis ball with one hand and catch the rebound with the other hand with and without a bounce.          I can strike a large soft ball along the ground with the same hand 5 times in a rally          As above with alternate hand strike 5 times in a rally          I can kick a ball with the same foot (L&amp;R)  <b>Creative</b>          I can link actions and develop sequences of movement that express my own ideas. I can change tactics rules or tasks to make activities more fun or challenging (Level 4).          I can make my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression (Level 3)          I can begin to compare my movements and skills with</p>	<p><b>Physical- FUNS 11</b>          I can roll a ball (self-feed) chase it and collect it in a balance position facing the opposite direction from a seated or lying position.          I can do the above with a bouncing feed (self-feed).          I can do the above with my partner rolling the ball.          Move to red if pupils need it  <b>Health and Fitness</b>          I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working (Level 4).          I can describe how and why my body feels during exercise. I can explain why we need to warm up and cool down (Level 3)          I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely (level 2).</p>
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	<p>those of others. I can select and link movements together to fit a theme (level 2).</p>	
<p><b>WEEKS 10-12</b></p>		
<p><b>Physical FUNS 6 (see above)</b></p> <p><b>Physical- FUNS 2- cool down</b></p> <p>I can pick up a beanbag on one side, swap hands and pass to the other side.</p> <p>I can pick up a beanbag on one side, and place on the other side using the same hand</p> <p>I can do the above with my eyes closed.</p> <p>Dish shape for 5 seconds</p> <p><b>Social</b></p> <p>I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task (level 4)</p> <p>I show patience and support others, listening well to them about their work. I am happy to show and tell them about my ideas (Level 3).</p> <p>I can praise and encourage others in their learning (Level 2).</p>	<p><b>Physical- FUNS 8 (see above)</b></p> <p><b>Physical- FUNS 7 (cool down)</b></p> <p>I can stand holding my partner with two hands (hold wrists), then one hand and lean back with a long base for my feet.</p> <p>I can stand with a long base and lean back while holding both hands then just 1.</p> <p>I can stand with a short base (toes touching), lean back while holding with both hands, hold the balance and then move back together.</p> <p>I can do all of the above with my eyes closed.</p> <p><b>Creative</b></p> <p>I can link actions and develop sequences of movement that express my own ideas. I can change tactics rules or tasks to make activities more fun or challenging (Level 4).</p> <p>I can make my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression (Level 3)</p> <p>I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme (level 2).</p>	<p><b>Physical- FUNS 11 (see above)</b></p> <p><b>Physical- FUNS 4 (as cool down)</b></p> <p>I can stand on a low beam with 2 feet facing forwards and hold for 10 seconds.</p> <p>I can stand on a low beam with both feet facing forwards and, lift my heels and hold for 10 seconds while receiving a force.</p> <p>I can stand on a line with both feet facing forwards and, lift my heels and hold for 10 seconds while receiving a force</p> <p><b>Health and Fitness</b></p> <p>I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working (Level 4).</p> <p>I can describe how and why my body feels during exercise. I can explain why we need to warm up and cool down (Level 3)</p> <p>I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely (level 2).</p>