

PE Long Term Grid Year 3

Autumn Term

Spring Term

Summer Term

WEEKS 1-6

Tag Rugby

- To develop throwing, catching and running with the ball.
- To develop an understanding of tagging rules.
- To begin to use the 'forward pass' and 'off side' rule.
- To be able to dodge a defender and move into space when running towards the goal
- To develop defending skills and use them in a game situation.
- To be able to apply the rules and tactics you have learnt and play in a tag rugby tournament.
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- **Dance**THEME: Machines
To create actions in response to a stimulus and move in unison with a partner.
- To create actions to move in contact with a partner or interact with a partner.
- To understand how dynamics affect the actions performed.
To be able to select and use actions to represent an idea.
- THEME: Forces and Magnets
To work with a partner to choose actions that relate to an idea.
- THEME: Seasons
To remember and repeat actions, using dynamics to clearly show different phrases.
- To choose actions which relate to the idea, using space and timing to make my work look interesting
- THEME: Romans
To understand and use formations, choosing poses which relate to the stimulus.
- To use transitions and changes of timing to move into and out of shapes

Athletics

- To develop the sprinting technique and improve on your personal best.
- To develop changeover in relay events.
- To develop jumping technique in a range of approaches and take off positions.
- To develop throwing for distance and accuracy.
- To develop throwing for distance in a pull throw.
- To develop officiating and performing skills.
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WEEKS 7-12

Gymnastics

- To be able to create interesting point and patch balances.
- To develop stepping into shape jumps with control
- To develop the straight, barrel, and forward roll.
- To be able to transition smoothly into and out

Tennis

- To develop racket and ball control.
- To develop returning the ball using a forehand groundstroke.
- To be able to rally using a forehand.
- To develop the two handed backhand.
- To learn how to score.
To develop playing against an opponent.

Rounders

- To play different roles in a game and begin to think tactically about each role.
- To develop the bowling action and learn the rules of bowling.
- To run around the outside of the bases and make decisions about when to stop and when to run.

<p>of balances.</p> <ul style="list-style-type: none">• To create a sequence with matching and contrasting actions and shapes.• To create a partner sequence incorporating equipment.•	<ul style="list-style-type: none">• work collaboratively with a partner and compete against others.	<ul style="list-style-type: none">• To field a ball using a two handed pick up and a short barrier.• To develop batting technique and an understanding of where to hit the ball.• To apply skills and rules learnt to play rounders.
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