



## Physical Education Curriculum Overview - Year 3

	Unit	Details
Autumn One	<b>Hockey/Rugby</b>	<p>Within rugby, pupils will be encouraged to catch the ball on the move alongside passing the ball when they are running forward. Lots of time will be spent on staying behind the ball and getting into a position when somebody is tagged, linked to the RFU u8 rules. Further to this, the whole year group will take part in a festival at Percy Park Rugby club against other schools. In hockey, pupils will look at the very basics of hockey which starts with how they grip the stick. From here, they will be taught how to manoeuvre the ball effectively so that their feet do not get in the way. This is particularly important when dribbling, stopping the ball and getting into position to pass the ball with a push pass.</p>
Autumn Two	<b>Football/Sportshall Athletics/ Gymnastics</b>	<p>Pupils will work on a carousel basis in the Autumn two term. Within football, pupils will learn how to control a moving ball. To work in groups, pupils will learn how to pass the ball with the inside of their foot. This is then applied to game situations, with pupils moving into space when they can. Within Sportshall Athletics, pupils will look at fundamental skills that can be further worked on in the summer one term. These include jumping from two feet to two feet, throwing from a side-on position, running consistently without stopping for 400m. Within Gymnastics, pupils will work alongside a local gymnastics coach to work on the Key Step Two sequence. This includes being able to complete a backwards roll and a shoulder stand. Pupils will coach each other and look for key areas to improve their routines.</p>
Spring One	<b>Dance/Hockey</b>	<p>Within hockey, pupils will continue to work on their skills that they have learnt earlier on in the academic year, with particular focus on applying these skills in a game situation. In dance, pupils will complete a dance linked to one of their topics they have covered this year. They will look at how a motif works and explore using them to beats of four.</p>
Spring Two	<b>Basketball/Tri Golf</b>	<p>Within year 3, pupils will be introduced to golf. Pupils will aim to swing a golf club effectively and make contact, grip the golf club correctly and putt the ball in a desired direction. At the end of this half term, we will aim to take the year group to a golf trip, with the intention of that being to a local golf club. Basketball will also be introduced to pupils where they will transfer their skills learnt in previous invasion games sessions such as football and hockey. Sport specific skills that will be taught will be how to bounce the ball with your fingertips and how to stay low and in an agile position when dribbling.</p>
Summer One	<b>Cricket/Athletics</b>	<p>This will be the first time cricket is formally introduced to pupils, a sport that will be concentrated heavily on in their subsequent years at Kings Priory. Fielding, batting and bowling will all be covered at various levels. For example, pupils will be taught to bowl underarm effectively, before being taught how to bowl over arm next year. The main focus will be on batting, in particular keeping their head still upon impact with the ball and stepping towards the ball. Within athletics, pupils will enter the virtual Quadkids competition which entails pupils gaining points for their best standing long jump, howler throw, 400m run and 50m sprint. Teaching will be done to encourage increased performances in these areas.</p>
Summer Two	<b>Tennis/Cricket</b>	<p>Cricket teaching will continue into summer two with the objectives above being focused on over a 12 week period. Pupils will also take part in tennis lessons with the emphasis being on understanding how to grip the racquet correctly, and having control of it. This includes being able to hit a ball consecutively up in the air without bouncing and being able to return the ball when a ball is served with a throw by their partner.</p>