



The Best That You Can Be
Devonshire Primary Academy
PE Long Term Plan



Year 3						
Week	Autumn		Spring		Summer	
	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor
1	<u>FMS</u> Master the ability to hop accurately in combinations.	<u>FMS</u> Master the ability to run fast and change direction.	<u>* Yoga</u> Know and be able to demonstrate the following yoga poses accurately: <ul style="list-style-type: none"> • Chair pose • Mountain poses • Tree pose Copy and repeat a variety of yoga poses.	<u>Team Games</u> Participate in team games that develop teamwork. Throw and catch with control and accuracy maintaining possession of the ball with hands. Follow the rules of the game and play fairly.	<u>* Health Related Fitness</u> Further develop stamina and endurance through games, exercises or activities. Understand the importance of being physically fit and be able to suggest how to improve their own health and fitness through exercise.	<u>Small Sided Modified Games</u> (change in playing area or equipment used) Throw and catch with control and accuracy maintaining possession of the ball with hands. Follow the rules of the game and play fairly.

2	<p align="center"><u>FMS</u></p> <p>Master the ability to skip accurately with or without a rope.</p>	<p align="center"><u>FMS</u></p> <p>Master how to perform a two-handed strike accurately.</p>	<p align="center"><u>Yoga</u></p> <p>Further develop strength, balance and flexibility when completing yoga poses.</p> <p>Move from one pose to another thinking about my breath.</p>	<p align="center"><u>Team Games</u></p> <p>Participate in team games that develops teamwork.</p> <p>Pass to teammates at appropriate times.</p>	<p align="center"><u>Health Related Fitness</u></p> <p>Further develop agility through games, exercises or activities.</p> <p>Understand the importance of being physically fit and test their own fitness abilities.</p>	<p align="center"><u>Team Games</u></p> <p>Pass to teammates at appropriate times.</p>
3	<p align="center"><u>FMS</u></p> <p>Master the ability to side gallop accurately changing direction and speed.</p>	<p align="center"><u>FMS</u></p> <p>Master overarm and underarm throwing and catching with accuracy.</p>	<p align="center"><u>Yoga</u></p> <p>Demonstrate clear shapes when performing poses accurately.</p>	<p align="center"><u>Team Games</u></p> <p>Participate in team games that develop co-operation and trust.</p> <p>Strike a ball and field with control.</p> <p>Follow the rules of the game and play fairly.</p>	<p align="center"><u>Health related Fitness</u></p> <p>Further develop strength through games, exercises or activities.</p> <p>Understand the importance of being physically fit and test their own fitness abilities.</p>	<p align="center"><u>Team Games</u></p> <p>Strike a ball and field with control.</p> <p>Follow the rules of the game and play fairly.</p>
4	<p align="center"><u>FMS</u></p> <p>Master the ability to jump for distance accurately.</p>	<p align="center"><u>FMS</u></p> <p>Master the ability to dodge successfully.</p>	<p align="center"><u>Yoga</u></p> <p>Demonstrate body awareness and control when</p>	<p align="center"><u>Team Games</u></p> <p>Participate in team games that</p>	<p align="center"><u>Health Related Fitness</u></p> <p>Further develop strength, stamina</p>	<p align="center"><u>Team Games</u></p> <p>Further develop passing skills.</p>

			performing poses considering the use of breath. Explain how the body feels during exercise.	develops teamwork. Pass to teammates at appropriate times.	and agility through participating in circuit training. Understand the importance of being physically fit and test their own fitness abilities.	
5	<u>FMS</u> Master the ability to roll and bounce a ball accurately to a target/person. Assess FMS against tick sheet.	<u>FMS</u> Master the ability to kick accurately to a person who is travelling. Assess FMS against tick sheet.	<u>Yoga</u> Create and teach a flow to a partner and perform for others. Evaluate others performances celebrating successes.	<u>Team Games</u> Participate in a team game that develops defending. Lead others and act as a respectful team member.	<u>Health Related Fitness</u> Participate in circuit training, setting personal targets for achieving own goal/s and trying to achieve a PB.	<u>Team Games</u> Lead others in a game/activity as a respectful team member.
6	<u>* 1950s to 1970s Dance</u> Understand the importance of warming up and cooling down. Begin to develop physical skills such as flexibility and strength.	<u>* Small Team Games</u> Participate in team games that develop teamwork. Throw and catch with control and accuracy maintaining	<u>Dance- Perseus and Medusa duet</u> Explain the importance of warming up and cooling down. Demonstrate a range of movements with	<u>* OAA</u> Take part in simple outdoor and adventurous activities both individually and within a team. Arrive properly equipped for outdoor	<u>Gymnastics</u> To begin to plan, perform and repeat a sequence of at least 3 moves.	<u>* Athletics</u> Further develop the skill of running at different speeds along different pathways e.g.- straight or curved lines.

	<p>Improve rhythmical awareness.</p>	<p>possession of the ball with hands.</p> <p>Follow the rules of the game and play fairly.</p>	<p>some control and confidence.</p>	<p>and adventurous activity.</p> <p>Solve problems through small team games.</p>		<p>Further develop spatial awareness in negotiating obstacles.</p>
7	<p><u>1950s to 1970s Dance</u></p> <p>Appreciate the context of the 1950s.</p> <p>Demonstrate a range of movements with some control and confidence.</p> <p>Rehearse dance phrases and show an awareness of other performers.</p>	<p><u>Small Team Games</u></p> <p>Participate in team games that develops teamwork.</p> <p>Pass to teammates at appropriate times.</p>	<p><u>Dance- Perseus and Medusa Duet</u></p> <p>Work in pairs cooperatively varying actions and movements.</p> <p>Use coordination in a range of movement patterns.</p> <p>Explore different counter balances.</p>	<p><u>OAA</u></p> <p>Show an ability to both lead and form part of a team.</p> <p>Solve problems through small team games.</p>	<p><u>Gymnastics</u></p> <p>To imitate movement in a clear, fluent and expressive manner.</p> <p>Know the importance of suppleness and strength.</p>	<p><u>Athletics</u></p> <p>Perform different types of jumps with coordination including jumping for height.</p> <p>Apply different take offs to different jumping activities. (1 foot to 2 feet and 2 feet to 2 feet jumps).</p> <p>Link a variety of jumps together.</p>
8	<p><u>1950s to 1970s Dance</u></p> <p>Appreciate the context of the 1960s.</p>	<p><u>Team Games</u></p> <p>Participate in team games that develop co-</p>	<p><u>Dance- Perseus and Medusa Duet</u></p> <p>Perform a sequence of</p>	<p><u>OAA</u></p> <p>Support others and seek support if required when</p>	<p><u>Gymnastics</u></p>	<p><u>Athletics</u></p> <p>Perform different types of jumps with coordination</p>

	Use coordination in a range of movement patterns.	operation and trust. Strike a ball and field with control. Follow the rules of the game and play fairly.	movements and positions with some fluency. Explore the following movements with a partner: <ul style="list-style-type: none"> • Push • Pull • Lift • Drag • roll 	the situation dictates.	To show changes in direction, speed and level. Begin to recognise and perform the basic shapes- straddle, tuck, pike, star.	including jumping for distance. Make jumping sequences. Develop the skill of turn taking.
9	<u>1950s to 1970s Dance</u> Appreciate the context of the 1970s. Begin to change the speed and levels within a performance and perform with some focus.	<u>Team Games</u> Participate in team games that develops attacking through dodging using kicking and passing/dribbling a ball with improved accuracy. Maintain possession of the ball with feet.	<u>Dance- Perseus and Medusa Duet</u> Begin to change the speed and levels within a performance and perform with some focus.	<u>OAA</u> Understand the need to show accomplishment in managing risks.	<u>Gymnastics</u> To experience travel in a variety of ways. Swing and hang from equipment safely with support (using hands).	<u>Athletics</u> Further develop throwing for distance with force using different resources. Develop the skill of turn taking.

		Choose appropriate tactics to cause problems for the opposition.				
10	<u>1950s to 1970s Dance</u> Combine a selection of movements from each era and perform in a group for an audience.	<u>Team Games</u> Participate in a team game that develops defending. Lead others and act as a respectful team member.	<u>Dance- Perseus and Medusa Duet</u> Begin developing physical skills, such as; flexibility and strength. Perform duets in front of a live audience.	<u>OAA</u> Describe and evaluate their own and others' performances, and identify areas that need improving.	<u>Gymnastics</u> Describe and evaluate the effectiveness and quality of a performance. Recognise how their own performance has improved.	<u>Athletics</u> Further develop throwing underarm for accuracy towards a given target using different resources. Describe different types of throws.

(FMS) Fundamental Movement Skills
(PB) Personal Best

Year 3 Swimming

Swimming in Year 3 may be added depending on pool availability and will replace the outdoor PE slot. Please see *this indicates that these sessions must be taught in order to cover the National Curriculum requirements.

- **Autumn-** Dance and team games.
- **Spring-** Yoga and OAA.
- **Summer-** Athletics and Health Related Fitness.

All Year 3 children should-

- Understand the importance of wearing PE kit, removing jewellery and tying hair up and know how it keeps them safe.
- Show an awareness of safety e.g.- bare feet in gymnastics and dance, carrying/handling equipment safely etc.
- Know that exercise makes their heart beat faster and their body temperature increase.
- Know that to avoid an injury they should warm-up and cool-down.
- To lead a healthy lifestyle, I should get between 9-12 hours' sleep.
- Work cooperatively and demonstrate good sport'person'ship qualities by managing their feelings and behaviour and understand that their team will not always win.
- Be taught how to share resources and equipment.
- Know how to work as part of a team managing their own feelings and behaviour.
- Know that in PE we cooperate with others and play by the rules of the game/activity.
- Recognise the strengths in others, supporting and including everyone.
- Inspire others through setting a good example and being a good role-model.
- Work with fairness, honesty, integrity and show respect for our teammates, opponents and officials.