



The Federation of St Mary's Catholic Schools

Year 3

PE Long Term Planner



Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Dance: Stone Age/Iron Age Competitive Games: Cricket	Develop flexibility, strength, technique, control and balance: Gymnastics Competitive Games: Netball	Dance: Forces/Machines Develop flexibility, strength, technique, control and balance: Multi-skills	Develop flexibility, strength, technique, control and balance: Fitness Competitive Games: Handball	Competitive Games: Badminton Outdoor and Adventurous	Develop flexibility, strength, technique, control and balance: Athletics Indoor Athletics

CURRICULUM DOCUMENT				
Competitive Games	Develop flexibility, strength, technique, control and balance	Dance	Outdoor and Adventurous	Swimming
<i>Striking/fielding (cricket)</i> <ul style="list-style-type: none"> Roll the ball with one hand and stop the ball. attempting long barrier method. Throw and catch underarm with both hands Bowl at a wicket underarm and attempt overarm. Control with a bat (holding it correctly), hitting a ball off a tee and whilst moving. 	<i>Gymnastics</i> <ul style="list-style-type: none"> Perform a variety of shapes with good control. Perform a rocket jump with a half turn. Perform a teddy bear roll. Perform matching and mirroring balances. Perform a bunny hop across a mat run and onto/across low benches and apparatus. Perform hopscotch on throw down feet. 	<ul style="list-style-type: none"> Collaborate to make a dance warm up. Use a stimulus to create a dance. Dance in unison with a partner. Perform a canon with a group. Use some different levels and pathways. 	<ul style="list-style-type: none"> Orientate themselves with increasing confidence and accuracy around a short trail. Work successfully as a team. Identify symbols used on a key. 	

<ul style="list-style-type: none"> • Play a modified game using fielding and batting skills. <p><i>Invasion (netball and handball)</i></p> <ul style="list-style-type: none"> • Pass and receive a ball safely (chest and bounce pass). • Perform a stride stop and a jump stop. • Perform a dodge to get into a space. • Mark a player, keeping on the balls of your feet. • Shoot the ball high and bend knees. • Play a game of High 5. • Play a game of handball <p><i>Net/wall (badminton)</i></p> <ul style="list-style-type: none"> • Control a shuttlecock with a racket when moving. • Hit a shuttlecock across the floor with forehand position. • Hit a shuttlecock across the floor 	<ul style="list-style-type: none"> • Perform a short sequence on mats. <p><i>Athletics</i></p> <ul style="list-style-type: none"> • Begin to perform 'FAST' technique: <i>F – face forward - head still</i> <i>A – arms pump fast – hip to lip</i> <i>S – speedy feet</i> <i>T – trunk to be upright</i> • Throw a javelin using correct stance rotating hips forward. • Perform a hop, step and jump (standing triple jump) in isolation and combination. • Develop running for distance. • Develop relay change over techniques. • Run and take off over obstacles at some speed. <p><i>Multi-skills and Fitness</i></p> <ul style="list-style-type: none"> • Balance on various body parts while moving. • Agility focus – changing direction at speed. • Co-ordinate body to perform a combination of movements. • Complete a variety of fitness tests successfully and get a personal best. 			
--	---	--	--	--