



KS2 Year 3 PE Medium term plan

	Autumn 1		Spring 1		Summer 1	
Topic	Cycle A - The Potteries Cycle B - Food Glorious food (Victorians)		Cycle A - Stone Age Cycle B - Toga Tastic (Romans)		Cycle A - Amazing Africa Cycle B - Tropical Jungle Journey	
Techniques	Gymnastics - To develop flexibility, strength, technique, control and balance	Outdoor Adventures - To take part in outdoor and adventurous activity challenges, both individually and within a team	Dance -To perform dances using a range of movement patterns	Athletics - To use running, jumping, throwing and catching in isolation and in combination. To develop strength, technique, control and balance	Invasion Games -Use running, jumping, throwing and catching in isolation and in combination To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	Striking and fielding - Use running, throwing and catching in isolation and in combination To play competitive games, modified where appropriate.
Vocabulary	Degrees, Balance, Forwards, Backwards, Combine, Rotation, Against, Towards, Across, Evaluate, Improve, Height, Strength, Suppleness, Stamina, Speed, Level, Direction, Wide, Tucked, Straight, Twisted, Constructive, Points, Twist, Turn, Safety, Refine, Agility, Technique, Control, Balance, Shapes	Listen, places, route, trails, challenges, problems, think, problem solve, strategies, safe, heart rate, warm, breathless, improve, observation.	Spatial awareness, Repeat, Dance, Interpret, Narratives, Compositional Features, Rhythmic, Dynamic, Expressive, Character, Repetition, Action, Reaction, Pattern, Movement, Evaluate, Improve, Agility, Flexibility, Strength, Technique, Control, Balance, Combination, Stimulus, Motifs,	Running, Technique, Pace, Accuracy, Power, Throw, High, Low, Skip, Aim, Fast, Slow, Bounce, Jump, Leap, Hop, Run, Target, Overarm, Underarm, Walking, Jogging, Accelerate, Baton, Relay, Push, Take off, Landing, Health and fitness - warm up/ cool down	Technique, Partner, Goals, Rules, Tactics, Court, Target, Net, Defending, Attacking, Stance, Strength, Speed, Stamina, Improve, adapt, performance Health and fitness - warm up/ cool down/heart rate/pulse Possession, Scoring, Space, Pass/send/receive, Dribble, Travel, Team, Combinations, Co-	Technique, Team Points, Rules, Tactics, Field, Target, Bat, Strike, Fielding, Stance, Strength, Speed, Stamina, Strategies Improve, adapt, performance Health and fitness - warm up/ cool down/heart rate/pulse Possession, Scoring, Space, Travel, Combinations, Co-

	Health and fitness tuck, straddle, pike, arch, back support, front support, shoulder stand, bridge, Partner balances warm up/ cool down/ heart rate		Dynamics, Perform, Timing Health and fitness - warm up/ cool down/heart rate/pulse,		ordination Fluency, Co-operation, Competition	ordination Fluency, Co-operation, Competition
I will know....	<p>I can consolidate and improve the quality of my actions (rolls, jumps and travel) body shapes and balance.</p> <p>I can use actions, body shape and balance to link phrases of movement.</p> <p>I can select appropriate actions and use simple compositional ideas (level, speed and direction)</p> <p>I can understand the importance of suppleness and strength when performing skills and actions</p> <p>I can recognise and identify the short term effects on my body after exercise</p> <p>I can describe and evaluate the effectiveness and quality of a</p>	<p>I can recognise my own space</p> <p>I can explore and find different places</p> <p>I follow simple route and trails</p> <p>I can solve simple challenges and problems successfully</p> <p>I can recognise how my body feels during exercise</p> <p>I can observe what I have done and use my observations to improve my performance</p>	<p>I can improvise freely on their own and with a partner, translating ideas from a stimulus into movement</p> <p>I can create and link dance phrases using a simple dance structure or motif (speed and levels)</p> <p>I can perform dances with an awareness of rhythmic, dynamic and expressive qualities, on their own, with a partner and in small groups</p> <p>I can keep up an activity over a period of time and know they need to warm up and cool down for dance</p> <p>I can describe and evaluate some of the compositional features of dances performed with a partner and in a group (cannon, unison)</p>	<p>I can remember, repeat and link combinations of actions.</p> <p>I can use my body and a variety of equipment with greater control and coordination</p> <p>I can choose skills and equipment to help me to meet the challenges I am set</p> <p>I can explain how I have to performed against the challenge I have been set</p> <p>I can recognise and describe what my body feels like during different types of activity</p> <p>I can watch, copy and describe what I and others have done</p>	<p>I can consolidate and improve the quality of my techniques and my ability to link movements</p> <p>I can improve my ability to choose and use simple tactics and strategies</p> <p>I know and can describe the short term effects different exercise activities has on your body</p> <p>I know how to improve my stamina</p> <p>I can describe and evaluate the effectiveness and quality of performance</p> <p>I can use what I have learnt to improve my work</p>	<p>I can to consolidate and develop the range and consistency of their skills in striking and fielding games</p> <p>I can begin to choose and use a range of simple tactics and strategies</p> <p>I can begin to keep, adapt and make rules for striking and fielding games</p> <p>I can begin to understand the importance of warming up and the effect exercise has on my body</p> <p>I can recognise good performances</p>

	performance					
	I can recognise how my own performance has improved					