

MTP PE Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>Topic title – Dance (stone age)</p> <p>Key Knowledge – Know that dance is all about moving our bodies to a musical rhythm. Know there are many different types of dance. In dance, we explore space, and consider how we can use our bodies to show ideas, moods, characters and feelings.</p> <p>Key Skills – I can refine movements into sequences I can change speed and level within a performance I can develop suppleness through stretching</p> <p>Key Vocabulary –</p>	<p>Topic title – Control and Balance</p> <p>Key Knowledge – Know that gymnastics is a sport in which we do exercises that need strength, balance, flexibility and control. - In gymnastics, we may know that we use lots of different skills, for example running, jumping, balancing, stretching, bending and tumbling Know that strong body tension will help you to hold balances with more control. Hold moves for at least 5 seconds. Use different body parts & levels to keep balances interesting. Balance in pairs: use body tension to hold one another up. -When taking weight on hands, tense stomach.</p> <p>Key Skills – I can refine movements</p>	<p>Topic title – O.A.A</p> <p>Key Knowledge – Outdoor and adventurous activities involve sports and games played in natural settings Many activities can be performed more effectively when working with other people. This may require you to delegate roles to different people and communicate calmly, politely and accurately. There are a number of strategies that you can use to read and communicate the information on a map. Use points of reference (e.g. trees, buildings, etc.) to help you locate where other things are. You may be introduced to a</p>	<p>Topic title – Stretch, curl, arch</p> <p>Key Knowledge – Know that gymnastics is a sport in which we do exercises that need strength, balance, flexibility and control. - In gymnastics, we may know that we use lots of different skills, for example running, jumping, balancing, stretching, bending and tumbling</p> <p>Key Skills – I can develop suppleness through stretching I can refine movements into sequences I can change speed and level within a performance</p> <p>Key Vocabulary – Gymnastics, Balance, Flexibility, Control, Inverted Movement,</p>	<p>Topic title – Travel, jumping and landing using large equipment</p> <p>Key Knowledge – Know that gymnastics is a sport in which we do exercises that need strength, balance, flexibility and control. -In gymnastics, we may know that we use lots of different skills, for example running, jumping, balancing, stretching, bending and tumbling Keep your chest upright, eyes forward. Start with hands by side, and raise them as jumping. Bend your knees & spring upwards to jump high. Land feet together, toes first. Try to land without much noise. Bend your knees</p> <p>Key Skills – I can develop suppleness through stretching I can refine movements into sequences I can change speed and</p>	<p>Topic title – Athletics</p> <p>Key Knowledge – Athletics is the name for a number of different sports that require strength, endurance and skill. Athletics includes track and field events. - Track events involve running and sprinting. Examples are the 100 metre sprint and hurdles. Field events often use skills like jumping and throwing. Examples include the shotput throw and the long jump. Someone competing in athletics is known as an athlete. They should learn how to perform movements safely, build our confidence and respond to feedback given by others.</p> <p>Key Skills – I can sprint over a short distance up to 60m I can use a range of throwing techniques</p>

	<p>Dance, Movement, Theme Balance, Control, Travelling, Choreograph, Routine, Confidence, Coordination, Timing, Feedback, Mirroring</p> <p>Fundamental Movements Balance on 1 foot</p>	<p>into sequences I can change level within a performance</p> <p>Key Vocabulary – Gymnastics, Balance, Flexibility, Control, Inverted Movement, Joint Balancing, Shoulder Stand, Tension, Rotation, Straddle, Roll, Sequence, Perseverance, Feedback.</p> <p>Fundamental Movements Balance on 1 foot Climb Bench Walk</p>	<p>compass to find basic directions (north, east, south, west).</p> <p>Key Skills – I can arrive properly equipped for an OAA I understand the need to manage risks I can support others I can seek support when I need it I can orientate a map I can lead a team I am an effective team member I show resilience when plans do not work I use my initiative to try new ways of working</p> <p>Key Vocabulary – Outdoor, Adventurous, Activities, Hand-Eye Coordination, Orienteering Map, Landscape, Obstacle Route Safety, Environment</p> <p>Fundamental Movements Sprint Run Skip</p>	<p>Joint Balancing, Shoulder Stand, Tension, Rotation, Straddle, Roll, Sequence, Perseverance, Feedback.</p> <p>Fundamental Movements Side Roll</p>	<p>level within a performance</p> <p>Key Vocabulary – Gymnastics, Balance, Flexibility, Control, Inverted Movement, Joint Balancing, Shoulder Stand, Tension, Rotation, Straddle, Roll, Sequence, Perseverance, Feedback.</p> <p>Fundamental Movements Balance on 1 foot Climb Bench Walk</p>	<p>(underarm / overarm) (cricket, athletics) I can compete with others I can improve personal best performances</p> <p>Key Vocabulary – Athletics, Pace, Distance, Endurance, Sprinting, Jump for Distance, Jump for Height, Stamina, Push, Throw, Overhead Throw, Fling, Persevere, Resilience</p> <p>Fundamental Movements Underarm Throw Overarm Throw Sprint Run Hop Gallop Side Gallop Jump for Height Jump for Distance</p>
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Lesson 1	Hunters and Gatherers - Duets Perform and evaluate	Floor work - Individual balance on different body parts Perform and evaluate	Working as part of a team. Team building activities. Evaluate	Explore movement with the body. Different shapes. Perform and evaluate	Explore different ways to travel using mats and low level equipment. Jumping and landing Perform and evaluate	Sprint Relays Technique and compete
Lesson 2	Hunter becomes hunted – small groups Perform and evaluate	Floor and low equipment – individual balance on different body parts Perform and evaluate	Work as a team and solve a problem. Evaluate	Explore movement with the body. Different shapes – working on developing flexibility Perform and evaluate	Explore different ways to travel using mats and low level equipment with partner Jumping and landing Combine movements to create a short sequence Perform and evaluate	Standing long jump Three spring jump Technique and compete
Lesson 3	The wheels keep on turning – Whole class Perform and evaluate	Floor work – Partner balance on differ body parts Combine actions to create a short sequence Perform and evaluate	Use a simple map to find a location. Evaluate	Explore movement with the body. Different shapes – working on developing flexibility - with a partner Perform and evaluate	Explore different ways to travel using mats and large equipment Jumping and landing Perform and evaluate	Throwing Under arm and over arm Javelin and cricket ball/rounder's ball Technique and compete
Lesson 4	Cave painting and farming – Small groups Perform and evaluate	Floor and low equipment – Partner balance. On different body parts	Use and orientate a simple map of the school grounds – playground Evaluate	Explore movement with the body. Different shapes – working on developing	Explore different ways to travel using mats and large equipment Jumping and landing	Long distance Throwing and jumping Technique and compete

		Combine actions to create a short sequence. Perform and evaluate		flexibility - with a partner Use low level equipment Perform and evaluate	Combine movements to create a short sequence Perform and evaluate	
Lesson 5	Dance rehearsal and improvement Perform and evaluate	Floor and low level equipment – supporting a partner (discuss safety) Combine actions to create a short sequence. Perform and evaluate	Use and orientate a simple map of the school grounds – play ground and garden Evaluate	Explore movement with the body. Different shapes – working on developing flexibility - with a partner Use low level equipment Combine movement to create a sequence Perform and evaluate	Explore different ways to travel using mats and large equipment with a partner in your group Jumping and landing Combine movements to create a short sequence	Relays Sprint Technique and compete
Lesson 6	Rehearse, evaluate and perform ASSESS and hand to leader	Floor and low level equipment – in small groups) Combine actions to create a short sequence. Perform and evaluate ASSESS and hand to leader	Use and orientate a simple map of the school grounds. Playground and garden Evaluate ASSESS and hand to leader	Explore movement with the body. Different shapes – working on developing flexibility - in a small group Use low level equipment (some on the floor some the benches – how do you use the space) Combine movement to create a sequence	. Explore different ways to travel using mats and large equipment work as a group Jumping and landing Combine movements to create a short sequence Perform and evaluate ASSESS and hand to leader	Mixed – children try and bet their personal best Technique and compete ASSESS and hand to leader

				Perform and evaluate ASSESS and hand to leader		
Lesson 7						
Lesson 8						