



# AGS – Year 3 Medium Term Curriculum Plan

## Physical Education



Block/ Weeks	Unit/Activity	Key Targets and Learning objectives	Activities	Key Vocabulary	SAL
1	Dodgeball/Skittleball	<ul style="list-style-type: none"> <li>• Introduction to both sports.</li> <li>• Basic rules, concepts and tactics.</li> <li>• Evasion from a moving object.</li> <li>• Aiming and throwing at stationary and moving targets.</li> <li>• Defense of a goal i.e the skittle</li> </ul>	<p><b>Over the course of the unit areas of focus within lessons:</b></p> <ul style="list-style-type: none"> <li>Spatial awareness</li> <li>Throwing and Catching</li> <li>Blocking</li> <li>Movement and agility</li> <li>Teamwork</li> <li>Communication</li> </ul>	<ul style="list-style-type: none"> <li>Accuracy</li> <li>Throw</li> <li>Target</li> <li>Catch</li> <li>Dodge</li> <li>Dip</li> <li>Duck</li> <li>Dive</li> <li>Dodge</li> </ul>	<p><b>Physical Competencies</b></p> <ul style="list-style-type: none"> <li>Gross &amp; Fine motor skills</li> <li>Kinesthetic Awareness</li> <li>Balance &amp; Control</li> </ul> <p><b>Cognitive skills</b></p> <ul style="list-style-type: none"> <li>Focus &amp; Concentration</li> <li>Decision Making</li> </ul> <p><b>Personal Qualities</b></p> <ul style="list-style-type: none"> <li>Determination &amp; Resilience</li> <li>Respect &amp; Tolerance</li> <li>Communication</li> </ul>



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	<p>Benchball</p>	<ul style="list-style-type: none"> <li>• Pupils will look to develop knowledge of basic/simplified ball games such as benchball</li> <li>• Pupils will focus on developing game play with fluency and accuracy.</li> <li>• Use a range of throwing and catching techniques.</li> <li>• Will begin to watch and describe others performance.</li> <li>• TO develop the students hand eye coordination through either of the activities</li> <li>• Pupils will look to maintain possession of a moving ball in pairs or small team.</li> <li>• Pupils will develop skills for getting a ball towards a target e.g. scoring zone.</li> <li>• Pupils will be introduced to the concepts of basic attack and defense.</li> <li>• Pupils will look at elements of teamwork in passing the ball.</li> <li>• Body position and weight transference will also be developed in this unit</li> <li>• Students will be able to continue to show progress in hand eye coordination</li> </ul>	<p><b>Over the course of the unit areas of focus within lessons:</b></p> <ul style="list-style-type: none"> <li>Ball Familiarisation</li> <li>Travelling with and without the ball</li> <li>Movement skills</li> <li>Attacking skills</li> <li>Sending &amp; Receiving</li> <li>Space</li> <li>Rules and Scoring</li> <li>Competitive game situation</li> </ul>	<ul style="list-style-type: none"> <li>Attacking</li> <li>Defending</li> <li>Passing</li> <li>Chest Pass</li> <li>Bounce Pass</li> <li>Team Play</li> <li>Team positions</li> <li>Creating Space</li> </ul>	<p><b>Physical Competencies</b></p> <ul style="list-style-type: none"> <li>Gross &amp; Fine motor skills</li> <li>Balance &amp; Control</li> </ul> <p><b>Cognitive skills</b></p> <ul style="list-style-type: none"> <li>Focus &amp; Concentration</li> <li>Decision Making</li> <li>Creativity</li> </ul> <p><b>Personal Qualities</b></p> <ul style="list-style-type: none"> <li>Responsibility &amp; Leadership</li> <li>Respect &amp; Tolerance</li> <li>Communication</li> </ul> <p><b>Physical Fitness</b></p> <ul style="list-style-type: none"> <li>Core Stability &amp; Strength</li> <li>Flexibility</li> </ul>
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		regarding ball control, individually, with a partner and in small groups.			
	Football	<ul style="list-style-type: none"> <li>• Pupils will focus on developing basic passing skills for football.</li> <li>• To develop ball control and familiarity whilst both stationary and moving.</li> <li>• Understand concept and importance of space.</li> <li>• To understand the effect of exercise and develop an attitude of fair play, sportsmanship and enjoyment.</li> </ul>	<p><b>Over the course of the unit areas of focus within lessons:</b></p> <ul style="list-style-type: none"> <li>Ball Familiarisation</li> <li>Short Passing</li> <li>Dribbling and movement</li> <li>Striking and Long Passing</li> <li>Conditioned games</li> </ul>	<ul style="list-style-type: none"> <li>Control</li> <li>Passing</li> <li>Receiving</li> <li>Positioning</li> <li>Attacking</li> <li>Defending</li> <li>Space</li> <li>Movement</li> <li>Pressure</li> <li>Accuracy</li> <li>Sportsmanship</li> </ul>	<p><b>Physical Competencies</b></p> <ul style="list-style-type: none"> <li>Gross &amp; Fine motor skills</li> <li>Kinaesthetic Awareness</li> <li>Balance &amp; Control</li> <li>Coordination &amp; Fluency</li> <li>Rhythm &amp; Timing</li> </ul> <p><b>Cognitive skills</b></p> <ul style="list-style-type: none"> <li>Focus &amp; Concentration</li> <li>Creativity</li> </ul> <p><b>Personal Qualities</b></p> <ul style="list-style-type: none"> <li>Confidence &amp; Self esteem</li> <li>Determination &amp; Resilience</li> </ul> <p><b>Physical Fitness</b></p>



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					Core Stability & Strength Flexibility
	2. Sports Day Prep/ Athletics	<ul style="list-style-type: none"> <li>In this unit pupils will experience simple modified running, jumping and throwing activities.</li> <li>Pupils will accurately replicate running challenges and competitions that require speed and stamina appropriate to the age range.</li> <li>In all athletic based activities pupils will engage in performing skills and measuring outcomes as a marker for performance.</li> <li>Pupils will focus on developing and improving their running technique and concept of pace.</li> <li>Pupils will develop the ability to follow rules safely and handle equipment correctly.</li> <li>Pupils practice will culminate in a KS2 Sports day based on all students competing at a number of stations.</li> </ul>	<b>Over the course of the unit areas of focus within lessons:</b> Sprint Running Running -Relays Jumping – High and Long Throwing for Accuracy Throwing for distance Balance Hurdles	Running Jumping Pushing Pulling Throwing Stance Accuracy Ready position Power Speed Balance Pace	<b>Personal Qualities</b> Motivation Confidence & Self esteem Determination & Resilience Communication <b>Physical Fitness</b> Stamina Speed



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<p>Rugby</p>	<ul style="list-style-type: none"> <li>Pupils look to build on aspects of previous ball games using invasion tactics</li> <li>Catching and passing with the concept of the ball going backwards but running forward</li> <li>Pupils use the idea of developing footwork and balance to beat a defender and run in to space.</li> </ul>	<p>All focuses are dependent on student ability.</p> <p><b>Rugby</b></p> <ul style="list-style-type: none"> <li>Evading opposition</li> <li>Giving and receiving a pass</li> <li>Maintain possession and moving forward with the ball</li> <li>Following basic rules/concepts of rugby</li> </ul>	<ul style="list-style-type: none"> <li>Pool</li> <li>Float</li> <li>Safety</li> <li>Enter</li> <li>Exit</li> <li>Kick</li> <li>Splash</li> <li>Breathe</li> <li>Stroke</li> </ul> <ul style="list-style-type: none"> <li>Catch</li> <li>Pass</li> <li>Space</li> <li>Try</li> <li>Target</li> <li>Evasion</li> <li>Step</li> <li>Acceleration</li> </ul>	<p><b>Physical Competencies</b></p> <ul style="list-style-type: none"> <li>Gross &amp; Fine motor skills</li> <li>Rhythm &amp; Timing</li> </ul> <p><b>Personal Qualities</b></p> <ul style="list-style-type: none"> <li>Confidence &amp; Self esteem</li> <li>&amp; Strength</li> </ul>
<p>Handball / basketball</p>	<ul style="list-style-type: none"> <li>Pupils will focus on developing basic passing skills for Handball and basketball.</li> <li>To develop ball control and familiarity whilst both stationary and moving.</li> <li>Understand concept and importance of space.</li> <li>To understand the effect of exercise and develop an attitude of fair play,</li> </ul>	<p><b>Over the course of the unit areas of focus within lessons:</b></p> <ul style="list-style-type: none"> <li>Moving with the ball towards a goal</li> <li>Short passing</li> <li>Movement away from a defender</li> <li>Shooting from outside a smaller D</li> <li>Conditioned, non-contact games.</li> </ul>	<ul style="list-style-type: none"> <li>Control</li> <li>Passing</li> <li>Receiving</li> <li>Positioning</li> <li>Attacking</li> <li>Defender</li> <li>Space</li> <li>Movement</li> <li>Pressure</li> <li>Accuracy</li> <li>Sportsmanship</li> </ul>	<p><b>Physical Competencies</b></p> <ul style="list-style-type: none"> <li>Coordination</li> </ul> <p><b>Cognitive skills</b></p> <ul style="list-style-type: none"> <li>Focus &amp; Concentration</li> <li>Decision Making</li> <li>Problem Solving</li> </ul> <p><b>Personal Qualities</b></p> <ul style="list-style-type: none"> <li>Confidence &amp; Self esteem</li> </ul>



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		sportsmanship and enjoyment.		Fair play	& Strength
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3	Net games	<ul style="list-style-type: none"> <li>In this unit pupils will accurately replicate sending and receiving technique.</li> <li>It is the players aim to land objects in target areas.</li> <li>Activities will develop students hand eye coordination using a racket and targets of varying heights and distances.</li> <li>Students should be able to show progress in coordination and control with a range of objects, (soft balls, balloons, shuttles).</li> <li>Student will be able to work individually/pairs/or in groups</li> <li>Pupils should begin to accurately score and officiate conditioned games and develop an idea of sportsmanship.</li> </ul>	<p><b>Over the course of the unit areas of focus within lessons:</b></p> <ul style="list-style-type: none"> <li>Keeping an object off of the floor</li> <li>Serving an object over a net</li> <li>Receiving an object from height</li> <li style="padding-left: 40px;">Developing a rally</li> <li>Using an extension of the arm or hand</li> </ul>	<ul style="list-style-type: none"> <li>Racquet</li> <li>Rally</li> <li>Contact</li> <li>Height</li> <li>Distance</li> <li>Balance</li> <li>Underarm</li> <li>Overarm</li> </ul>	<p><b>Physical Competencies</b></p> <ul style="list-style-type: none"> <li>Gross &amp; Fine motor skills</li> <li>Coordination &amp; Fluency</li> </ul>
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	Striking and fielding	<ul style="list-style-type: none"> <li>• Pupils will develop concepts of striking and fielding concepts using basic variations of games such as Rounder/Cricket/ T ball and Danish Longball</li> <li>• Pupils will focus on striking the ball from a T and the concept of hitting into space.</li> <li>• Higher ability students may progress to a drop feed ball.</li> <li>• To develop simple tactics in form of striking and fielding principles.</li> <li>• Students to develop understanding of scoring in a variety of games.</li> </ul>	<p><b>Over the course of the unit areas of focus within lessons:</b></p> <p>Throwing and Catching a ball to move towards a target.          Fielding/Stopping a ball          Retrieval of a ball          Batting a stationary ball off of a T          Game play.</p>	<p>Accuracy Aiming          Stance          Space          Grip          Preparation          Tactics          Sportsman ship          Barrier          Teamwork</p>	<p><b>Physical Competencies</b>          Coordination  <b>Cognitive skills</b>          Focus &amp;          Concentration          Decision Making          Problem Solving</p>
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