

GGA- Year 3 PE Spring Term– Gymnastics

Vocabulary

Fluency	Control
Contrasting	Sustained
Unison	Similar
Low	Sequence
Full-turn	Explosive
Half-turn	Power
Combinations	Group
Support	Similar
Different	Bounce

Skills that I am going to learn.

To use basic compositional ideas to improve sequence working in Unison.	To be able to perform using equipment correctly.
Consolidate and improve quality of movements and gymnastics actions.	Modify actions independently using different pathways, directions and shapes.

Why are we learning this?

To learn different gymnastic techniques and movement so we can apply, learn, develop and improve a range of gymnastics actions.

Why is it important?

To become an effective gymnast. To learn and understand our bodies and what they can do to aid our performance and improve our understanding of gymnastics.



GGA- Year 3 PE Spring Term – Football

Vocabulary

Use Space	Dribble
Receiving	Control
Defend	Pass
Attack	Possession

Skills that I am going to learn.

Able to show basic control skills including sending and receiving the ball.

To send the ball with some accuracy to maintain possession and build attacking play.

To implement the basic rules of football.

Able to send and receive balls
Use a variety of techniques and tactics to play competitively both attacking and defending.

Why are we learning this?

To develop our basic understanding of the rules and techniques involved in football.

Why is it important?

So we can learn and understand the rules of football. To help us to play more competitively and more effectively in a competition setting. To help all of us develop and improve our technique.



GGA- Year 3 PE Spring Term– Dance

Vocabulary

Dance	Slow
Twist	direction
Turn	Huddle
Rhythm	group
Step	Emotions
music	Facial expressions
Beat	Improvisation
stretch	Levels
Fast	Set

Why are we learning this?

To help us to respond appropriately to music. To aid the use of music to construct rhythm and movement that will lead into performing routines in time with music.

Why is it important?

To support physical development of co-ordination and movement.

Skills that I am going to learn.

To combine movement and music in synchronisation.

Perform using facial expressions.

Perform with a prop.



GGA- Year 3 PE Knowledge Organiser – OAA

Vocabulary

Maps	Scale
Diagrams	Symbols
Orienteering	Challenges
Controls	Problem solving
Lead	Follow
Trust	Plan

Skills that I am going to learn.

To work with others to solve problems.

To lead others and be led.

To differentiate between when a task is competitive and when it is collaborative.

Why are we learning this?

To develop a range of skills not always associated with physical activity. As well as movement OAA focusses on communication, reading and problem solving as well as working together.

Why is it important?

Outdoor education fosters an environment that promotes a positive state of health. Social skills may also be developed through outdoor education as interaction between individuals, other teams and the teacher is a key feature.

The Rules of Orienteering

Like all sports, certain rules must be followed.

Fairness – a sporting attitude and a spirit of comradeship and honesty

Nature of orienteering – no outside help; yet provide appropriate assistance if one is injured or honestly lost

Environmental protection – take care of the land you are on, obeying common sense rules and following posted signs

