

PE Lesson 1 – TW Led						
Topics Covered	Fitness / Fundamentals	Basic (Ball) skills	Gymnastics	Map symbols & Compass	Football	Kick rounders
Location	Playground (SHP)	Playground (SHP)	School Hall	School & SHP	Playground	Playground
Learning Outcomes	<ul style="list-style-type: none"> <input type="checkbox"/> Understand the effects of exercise on the body <input type="checkbox"/> Identify bones 10 bones in the body <input type="checkbox"/> To understand what is meant by Agility, Speed and CV endurance <input type="checkbox"/> To coordinate arms and legs when moving <input type="checkbox"/> To understand how balance is maintained during movement 	<ul style="list-style-type: none"> <input type="checkbox"/> To be able to Pass a ball using different techniques over a short distance <input type="checkbox"/> Identify which technique is the most appropriate for the situation <input type="checkbox"/> To apply skills into small, sided games (max 3 v 3) 	<ul style="list-style-type: none"> <input type="checkbox"/> To demonstrate the 5 types of jumps (1 to 1, 1 to 2, 2 to 1, 2 to 2, 1 to the other) <input type="checkbox"/> To move in different directions / levels safely <input type="checkbox"/> Perform an egg rock (returning to feet) <input type="checkbox"/> Move confidently along low-level equipment <input type="checkbox"/> To create a short sequence demonstrating fluidity when linking movements 	<ul style="list-style-type: none"> <input type="checkbox"/> Dress appropriately for the outdoor environment <input type="checkbox"/> To understand how a compass works <input type="checkbox"/> To know the 4 basic points of a compass <input type="checkbox"/> To understand basic symbols on a map <input type="checkbox"/> Identify key feature of a map in SHP <input type="checkbox"/> To follow a basic map to reach a final destination 	<ul style="list-style-type: none"> <input type="checkbox"/> Develop the skill of kicking the ball <input type="checkbox"/> To maintain control when moving with the ball (dribbling) <input type="checkbox"/> To demonstrate correct technique when using overhead throw <input type="checkbox"/> To demonstrate knowledge of defending <input type="checkbox"/> Make accurate decisions where to pass 	<ul style="list-style-type: none"> <input type="checkbox"/> To be able to roll a ball accurately <input type="checkbox"/> To be able to Pass a ball using the foot <input type="checkbox"/> To be able to retrieve & Pass a ball using the hands <input type="checkbox"/> To catch the ball with 2 hands <input type="checkbox"/> To demonstrate what being in a space means <input type="checkbox"/> Apply and follow rules accurately
Motor Competence Balance, Object manipulation, Locomotion,	Balance, Dodging, Hopping, Jogging, Jumping, Running, Skipping, Walking	Balance, Catching, Dodging, Dribbling, Jogging, Kicking, Overarm throw, Running, Striking, Underarm throwing, Walking	Balance, Climbing, Hopping, Jogging, Jumping, Running, Skipping, Walking	Jogging, Running, Walking	Balance, Catching, Dodging, Dribbling, Jogging, Jumping, Kicking, Running,	Balance, Catching, Kicking, Overarm throw, Running, Underarm throwing,
Rules						Ways to get someone out Stop at any base (only one)
Health & Fitness	Body Systems (Skeletal, muscular, Mental health Components of Fitness (Health related – Body composition, CV	Body Systems (Skeletal, muscular, Mental health, Components of Fitness (Health related – CV endurance,	Body Systems (Skeletal, muscular, cardiorespiratory), Components of Fitness (Health related –	Body Systems (Skeletal, muscular, cardiorespiratory), Diet (Nutrients), Mental health Components of Fitness	Body Systems (Skeletal, muscular), Diet (Nutrients), Mental health, Components of Fitness (Health related –	Body Systems (Skeletal, muscular), Mental health, Components of Fitness (Health related – Flexibility, Muscular

PE Overview – Lower school (Year 3) – 2024/25

	endurance, Skill related – Agility, Balance, Coordination, Power, Reaction time, Speed,)	Flexibility, Muscular endurance, Muscular strength; Skill related – Agility, Balance, Coordination, Power, Reaction time, Speed,)	Flexibility, Muscular endurance, Muscular strength; Skill related – Agility, Balance, Coordination, Power, Reaction time, Speed,)	(Health related –CV endurance; Skill related – Agility, Balance, Coordination, Speed)	CV endurance, Flexibility, Muscular endurance, Muscular strength; Skill related – Agility, Balance, Coordination, Power, Reaction time, Speed,)	endurance, Muscular strength; Skill related – Agility, Balance, Coordination, Power, Reaction time, Speed,)
Life skills	Communication, Concentration, Decision making, Empathy, Honesty, listening skills, Resilience, Teamwork,	Communication, Concentration, Confidence, Decision making, Empathy, Honesty, listening skills, Organisational skills, Problem solving, Resilience, Teamwork,	Communication, Concentration, Confidence, Creativity, Decision making, Empathy, listening skills, Organisational skills, Resilience, Teamwork, Trust	Communication, Concentration, Confidence, Decision making, Empathy, listening skills, Organisational skills, Problem solving, Resilience, Teamwork, Trust	Communication, Concentration, Confidence, Creativity, Decision making, Empathy, Honesty, listening skills, Organisational skills, Problem solving, Resilience, Teamwork, Trust	Communication, Concentration, Confidence, Creativity, Decision making, Empathy, Honesty, listening skills, Organisational skills, Problem solving, Resilience, Teamwork, Trust

PE Lesson 2 – Teacher Led – Please note – These sessions will be in a different order as year 3 have Skipping Henry				
Topics Covered	Fitness / Personal Development	Dance	Benchball	Netball
Location	Hall	Hall	Hall	Playground / Hall
Learning Outcomes	<ul style="list-style-type: none"> <input type="checkbox"/> Understand why it is important to warm up <input type="checkbox"/> Identify the major muscles in the body <input type="checkbox"/> Demonstrate different types of landing (2-2; 2 – 1, 1 – 2, 1 to other) <input type="checkbox"/> To move in different directions and through space <input type="checkbox"/> To maintain timing to a beat <input type="checkbox"/> Create a skipping sequence demonstrating fluency and linking of different skills 	<ul style="list-style-type: none"> <input type="checkbox"/> To maintain timing with a beat <input type="checkbox"/> To move in different directions / levels <input type="checkbox"/> To copy and remember a dance sequence <input type="checkbox"/> To create a sequence showing fluidity, expression and use of space 	<ul style="list-style-type: none"> <input type="checkbox"/> To catch the ball with 2 hands <input type="checkbox"/> To remain balanced when on low level objects <input type="checkbox"/> To be able to Pass a ball using correct power, direction <input type="checkbox"/> To defend the ball <input type="checkbox"/> Make accurate decisions where to pass 	<ul style="list-style-type: none"> <input type="checkbox"/> Develop the skill of throwing the ball (Chest/bounce/shoulder) <input type="checkbox"/> To remain balanced when in possession of the ball <input type="checkbox"/> To catch the ball with 2 hands <input type="checkbox"/> Demonstrate understanding of special awareness <input type="checkbox"/> Apply and follow rules accurately
Motor Competence	Balance, Hopping, Jogging, Jumping, Running, Skipping,	Balance, Hopping, Jogging, Jumping, Running, Skipping, Walking	Balance, Catching, Jumping,	Balance, Catching, Dodging, Jogging, Jumping, Overarm throw, Running,
Rules			Cannot fall off bench – not successful Must drop the ball after successful catch Stay on own side	No moving with the ball 1m away from opponent
Health & Fitness	Body Systems (Skeletal, muscular), Mental health, Components of Fitness (Health related –, CV endurance, Flexibility, Muscular endurance; Skill related – Balance, Coordination, Power, Speed,)	Body Systems (Skeletal, muscular, Mental health, Components of Fitness (Health related – Body composition, CV endurance, Flexibility, Muscular endurance, Muscular strength; Skill related – Agility, Balance, Coordination, Power, Speed,)	Body Systems (Skeletal, muscular), Components of Fitness (Health related – Body composition; Skill related – Agility, Balance, Coordination)	Body Systems (Skeletal, muscular, cardiorespiratory), Components of Fitness (Health related – Body composition, CV endurance, Flexibility, Muscular endurance, Muscular strength; Skill related – Agility, Balance, Coordination,

PE Overview – Lower school (Year 3) – 2024/25

				Power, Reaction time, Speed,)
Lifeskills	Concentration, Confidence, Creativity, Decision making, Empathy, listening skills, Organisational skills, Problem solving, Resilience, Teamwork, Trust	Assertiveness, Communication, Concentration, Confidence, Creativity, Decision making, Empathy, listening skills, Organisational skills, Problem solving, Resilience, Teamwork, Trust	Communication, Concentration, Confidence, Decision making, Empathy, Honesty, listening skills, Organisational skills, Problem solving, Resilience, Teamwork,	Assertiveness, Communication, Concentration, Confidence, Decision making, Empathy, Honesty, listening skills, Organisational skills, Problem solving, Resilience, Teamwork,