Year 3 Unit – Fundanmental Movement –ABC		
Declaritve Knowledge –	Gates Golden Goals- Healthy Participation	Procedural Knowledge

Knowledge Progression

Declarative Knowledge: (knowing 'what')

Apply knowledge of a variety of ways to travel in combination.

Apply knowledge of basic principles suitable for attacking and defending.

Demonstrate resilience when participating in activities

Use knowledge to *Identify own and others technique that needs improvement.*

Skill Progression

Procedural Knowledge (knowing'how')

Travel with awareness of others when travelling at speed.

Negotiate space within a game to make quick decisions.

Demonstrate control, coordination, agility and balance when travelling through equipment.

Demonstrate resilience when participating in activities

Key Learning

Children will travel through a variety of equipment, with a knowledge of how to move limbs in combination and with co-ordination, whilst travelling in a flowing motion, using control, co-ordination and agility.

Children will be encouraged to apply basic principles suitable for attacking and defending, or moving past guards/defenders.

Vocabulary

Limbs, Coordination, Demonstrate, Technique, Target, Sequences

Misconceptions

Effective travelling; Awareness of self & others during travelling; Applying knowledge from previous learning.

I can't do it attitude-develop resilience by learning about how through practise we can all improve our skills.

Prior Knowledge

Children will have the confidence to use a variety of equipment, whilst using their agility, balance and co-ordination.

Agility- Children will show more control over their limbs when changing direction during an individual task or team game.

Balance- Children will be able to negotiate small spaces while maintaining control of equipment.

Co-ordination- Children will be able to perform a variety of tasks at the same time, such as moving in a given space whilst moving through traffic (other children), or controlling equipment, for example dribbling a football past defenders or through cones.

Future Learning

Children will gain the knowledge of when to change direction and speeds during a game situation or when faced with defenders, also, they will begin to improve decision making when negotiating small spaces.

Children will be able to explain, master and apply techniques such as running and jumping needed to improve performances

Year 3 Unit – Tactics and Strategies		
 **Declaritve Knowledge –**	 **Gates Golden Goals- Healthy Participation**	 **Procedural Knowledge**

Knowledge Progression

Declarative Knowledge: (knowing 'what')

Work as a team communicating/reminding child of dodging strategies

Explain and apply strategies for playing the game as the last player standing

Skill Progression

Procedural Knowledge (knowing'how')

Understand and apply triggers of when to throw.

Apply skills to aim at a moving target.

Apply catching strategies with in a game format.

Use a ball as a defensive shield.

Use effective dodging strategies to stay in a competitive came of dodgeball.

Key Learning

Children will be encouraged to create strategies to cause opponents problems, demonstrate resilience and determination when playing against an opposition and recognise transferable skills that can be used in a variety of different sports. This can be done whilst in small sided games such as dodgeball.

Vocabulary

- Tactic. Strategy, Aim, Angles, Target, Disguise. Explain, Demonstrate, Opposition, Apply,, Skill. Communication

Misconceptions

Racing to be first in activities so that they are not applying the skills.
Not transferring skills from of previous learning.

Prior Knowledge

Children will gain the confidence to create different foot patterns through equipment, such as ladders or hurdles, with a high level of accuracy, show good use of space and be able to control a variety of equipment.
They will become physically confident when travelling through small spaces or moving past guards/defenders, whilst showing resilience and determination.
Children will be able to share ideas through communicating with others and know how to identify a good performance.

Future Learning

Children will feel confident when creating a plan to defend or attack an area in 1v1 or 2v2 scenario. Children will be able to work collaboratively as a team and enjoy communicating affectively when analysing performances.

Year 3 Unit –Send and Recieve

 Cognitive (mental & psychological)  Affective (social & emotional)  Psychomotor (physical)

Knowledge Progression

Know, apply and understand key skills of a good performance.
Begin to make good decisions to maintain possession.
Explain and apply receiving techniques.

Skill Progression

Know, apply and understand key skills of a good performance.
Begin to make good decisions to maintain possession.
Explain and apply receiving techniques.

Key Learning

Children will become increasingly confident when sending and receiving a variety of equipment to a target, partner or team-mate. Children will be able to explain and demonstrate how to receive a pass off a partner from different heights speeds, distances and angles. Children will learn how to strike and field a ball with control and accuracy.

- Travel with equipment demonstrating good control
- Can receive away from other children
- Contribute to effective communication to keep possession
- Recognise when to travel or when to pass
- Demonstrate a climate of joy, freedom, respect and celebration
- Know and explain key skills of a good performance and suggest ways to make improvements
- Enjoy communication, collaborating and competing with others

Vocabulary

Decisions Heights Distances Speeds Angles Techniques Possession Maintain Pace Power

Misconceptions

Precision in throwing- throwing technique
Catching technique
Practise and resilience-results in progress

Prior Knowledge

Children will become increasingly confident when sending and receiving a variety of equipment to a target, partner or team-mate. When sending, children will be able to select the correct technique, the correct height and correct weight. Receiving- Children will be able to explain and demonstrate how to receive a pass off a partner. They will show resilience and determination when aiming at targets and competing against others.

- Start to show consistency and some basic technique when throwing a range of equipment at a target
- Explain receiving techniques
- Use and recognise why we use equipment safely
- Demonstrate a climate of joy, freedom, respect and celebration
- Show enjoyment in achieving tasks set out
- Demonstrate sending techniques
- Know and explain key skills of a good performance
- Enjoy communication, collaboration and competition with others

Future Learning

Children will begin to master and excel when using different sending and receiving equipment and maintaining control when travelling with equipment. Children will begin to make good decisions to maintain possession when in small sided games such as netball. Children will begin to use effective communication to maintain possession

- Travel with equipment demonstrating good control
- Can receive away from other children
- Contribute to effective communication to keep possession
- Recognise when to travel or when to pass
- Demonstrate a climate of joy, freedom, respect and celebration
- Know and explain key skills of a good performance and suggest ways to make improvements
- Enjoy communication, collaborating and competing with others

Year 3 Unit – Attacking & Defending



Cognitive (mental & psychological)



Affective (social & emotional)



Psychomotor (physical)

Knowledge Progression

Demonstrate an awareness of others and pace to attack
Compare own performances with previous ones and identify areas for improvement
Demonstrate resilience when participating in activities

Skill Progression

Pass and move maintaining control of the ball
Start to show control of equipment when travelling at speed or competing against others
Apply basic strategies suitable for attacking and defending
Make quick decisions whilst competing against others
Defend an area 1 V 1 or 2 v 2
Attack an area 1 V 1 or 2 v 2

Key Learning

- **Pass and move demonstrating control and accuracy**
- **Send and receive with good pace and distance**
- Compete against others, individually and as a group
- **Apply simple tactics and strategies when competing against others**
- Contribute in discussions
- **Apply transferable skills in a variety of competitions/games/events**
- **Change direction maintaining control and balance**
- **Identify areas of a good performance and make suggestions for improvement**
- **Show determination and resilience when competing against self and others**

- Demonstrate a climate of joy, freedom, respect and celebration
- **Know and explain key skills of a good performance**

Vocabulary

- Increase Change of speed Change direction Target Receive Distance Angles Travel Dribble Vary Movement Intercept Variety Control Space

Misconceptions

I can't do it attitude-develop resilience by learning about how through practise we can all improve our skills.
Stereotypical attitudes towards- typically male or female sports. Such as gymnastics or football.

Prior Knowledge

Children will compete in individual activities and team games to develop an understanding of attacking and defending principles, as well as improving their resilience and determination. Children will be able to communicate with others when sharing ideas, through this they will build character and good sportsmanship. Children will be working on their own and with others while guarding spaces. Apply simple tactics and strategies when competing against others

- Contribute in discussions
- Change direction maintaining control and balance
- Show determination and begin to show resilience when competing against self and others
- Demonstrate a climate of joy, freedom, respect and celebration
- Children should show enjoyment in achieving tasks set out
- Know and explain key skills of a good performance
- Enjoy communication, collaboration and competition with others
- Compete against others, individually and as a group

Future Learning

Children will play in a variety of sporting activities and modified sports competing against others whilst developing their knowledge of Attacking and Defending as well as their resilience and determination. Defending, children will have to create and apply ideas of how to guard space and equipment. Attack, Children will develop awareness of space and also develop their fundamental movements when changing direction and speed.

- Pass and move demonstrating control and accuracy
- Send and receive with good pace and distance
- Compete against others, individually and as a group
- Apply simple tactics and strategies when competing against others
- Contribute in discussions
- Apply transferable skills in a variety of competitions/games/events
- Change direction maintaining control and balance
- Identify areas of a good performance and make suggestions for improvement
- Show determination and resilience when competing against self and others
- Demonstrate a climate of joy, freedom, respect and celebration
- Know and explain key skills of a good performance

Year 3 Unit – Orienteering-Outdoor Adventure Activities.

 Cognitive (mental & psychological)  Affective (social & emotional)  Psychomotor (physical)

Knowledge Progression

- Work in small groups to create effective strategies for visiting control points
- Work co-operatively with others in a team
- Identify how to improve a performance
- Recognise skills that are important to the game/activity and select the appropriate time to use them

Skill Progression

- Children understand the concept of a basic map and can follow simple route
- Children to self and peer asses routes followed on a map
- Apply effective communication to solve simple problems
- Complete a simple orienteering course
- Identify locations using a map
- Consider health and safety as well as travelling time when locating possible routes to locations
- Pinpoint locations using lining up techniques

Key Learning

- Children will begin to understand the concept of a basic map and can follow a simple route, whilst identifying locations and symbols. Children will work co-operatively with others to identify locations using lining up techniques and communicate effectively to solve simple problems.

Enc of year expectations: Children understand the concept of a basic map and can follow simple route.

- Identify locations using a map
- Consider health and safety as well as travelling time when locating possible routes to locations
- Pinpoint locations using lining up techniques
- Work co-operatively with others in a team.
- Apply effective communication to solve simple problems.

Vocabulary

- Route Apply Communication Control points Orienteering Course Identify Pinpoint

Misconceptions

Using maps-north always top
Teamwork –cooperation, listening to each other

Prior Knowledge

No prior learning in KS1
Geography basic map wprk

Future Learning

Children will be able to complete a simple orienteering course whilst communicating effectively with each other in pairs or small groups. Children will be able to recognise which skill is needed when orienteering a map and following a route. Children will be able to self asses and peer assess routes followed on a map.

End of Year Expectations

Complete a simple orienteering course
Identify how to improve a performance

Recognise skills that are important to the game/activity and select the appropriate time to use them.
Children to self and peer asses routes followed on a map

Year 3- Unit – Athletics

 **Cognitive (mental & psychological)**  **Affective (social & emotional)**  **Psychomotor (physical)**

Knowledge Progression

- Compete against others in a variety of events/games
- Compare own performances with previous ones
- Develop an understanding of how to improve and evaluate own performance
- Demonstrate resilience when participating in activities

Skill Progression

- Develop an awareness of time, speed and distance
- Select appropriate speed when travelling at a variety of distances
- Apply running techniques to improve performance
- Apply throwing techniques to improve performance
- Throw with coordination force, distance, control and accuracy
- Take off, jump and land demonstrating control and balance

Key Learning

Children will begin to apply running and throwing techniques to improve performance. Children will also, be able to take off, jump and land demonstrating control and balance. They will engage in competitive events and games, whilst maintaining respect and sporting values.
END OF YEAR EXPECTATIONS: Apply running techniques to improve performance
Apply throwing techniques to improve performance
Take off, jump and land demonstrating control and balance
Compete against others in a variety of events/games

Vocabulary

- Speed Target Balance Throwing Travel Distance Coordination Confidence Skills Apply Technique Awareness Improve Accuracy

Misconceptions

Running technique
Throwing and Catching technique
TO master skills not race against each other

Prior Knowledge

- Children will begin to show an understanding of running at different speeds depending on the distance. Children will also, start to throw a variety of equipment demonstrating good use of force, accuracy and control.
- They will engage in competitive games and situations against others whilst maintaining respect for each other.

End of Y2 Expectations

Understand running speeds depending on distance and equipment. Throw with coordination force, distance, control and accuracy. Show determination and begin to show resilience when competing against self and others.
Future Learning
Children will begin to develop an awareness of time and distance when running and be able to select an appropriate speed for each given distance or time. Children will be able to throw with force, co-ordination and accuracy. Be able to use a variety of ways to compare previous and performances and suggest improvements. END OF YEAR 4 EXPECTATIONS: Develop an awareness of time, speed and distance Select appropriate speed when travelling at a variety of distances Throw with coordination, force, distance, control and accuracy Compare own performances with previous ones
Activities
KeyPE Sports