



St. Francis Xavier's RC Primary School

PE Unit Guidance and Formative Assessment

Year Group:	3	Subject:	P. E.
Units:	Hockey Futsal Swimming Handball Athletics Rounders	Prerequisite Learning and Curriculum Links	EYFS ELG Gross Motor Skills: To negotiate space and obstacles safely with consideration for themselves and others; demonstrate strength, balance and co-ordination when playing; move energetically such as running, jumping, dancing, hopping, skipping and climbing. Year 1: futsal, athletics Year 2: athletics, rounders Cross curricular links: science (animals and humans), the impact exercise can have on your muscles. Which muscles are used in different activities?

ROCKS (Remembering Our Curriculum Knowledge and Skills)

Hockey:

Play a simple competitive game following basic rules.
Apply very basic principles for attacking and defending.

Futsal:

Play a simple competitive game following basic rules.
Apply very basic principles for attacking and defending.

Handball:

Use throwing and catching in isolation and in combination.
Play a simple competitive game following basic rules.

Athletics:

Use running, jumping, throwing and catching.
Develop technique, control and balance.

Rounders:

Use running, jumping, throwing and catching.
Play a competitive game following a set of simple rules.

Progressive Journey:	Skills:
<p>Autumn 1</p> <p>Hockey - linked to Real PE skills 11 and 8. Agility ball chasing and co-ordination with equipment</p>	<ul style="list-style-type: none"> • Move with a ball towards goals with increasing control. • Understand their role as an attacker and as a defender • Move into space to help support a team. • Defend an opponent and try to win the ball. • Understands tactics and composition by starting to vary how they respond. • Vary skills, actions and ideas and link these in ways that suit the activity of the game. • Beginning to communicate with others during game situations. • Uses skills with coordination and control. • Develops own rules for new games. • Works well in a group to develop various games. • Beginning to understand how to compete with each other in a controlled manner. • Beginning to select resources independently
<p>Autumn 2</p> <p>Futsal – linked to Real PE skills 9 and 1. Coordination ball skills and static balance (one leg)</p>	<ul style="list-style-type: none"> • Move with a ball towards goals with increasing control. • Understand their role as an attacker and as a defender • Move into space to help support a team. • Defend an opponent and try to win the ball. • Understand tactics and link skills to the activity. • Use skills with coordination and control • Work well in a group in a variety of situations • Communicate with others in a game situation.
<p>Spring 1</p> <p>Swimming- linked to Real PE skills 10 and 12. Coordination floor movement and agility reaction/ response</p>	<p>See separate swimming unit plan</p>
<p>Spring 2</p> <p>Handball- linked to real PE skills 6 and 9. Dynamic balance (agility) and coordination ball skills</p>	<ul style="list-style-type: none"> • To be aware of others when playing games. • To choose the correct skills to meet a challenge. • To perform a range of actions, maintaining control of the ball. • To perform a range of catching and gathering skills with control. • To master the basic catching technique. • To catch with increasing control and accuracy. • To master the basic throwing technique. • To throw and hit a ball in different ways (e.g. high, low, fast or slow). • To apply skills and tactics in small-sided games. • To identify and follow the rules of games.

	<ul style="list-style-type: none"> • To choose and use simple tactics to suit different situations. • To react to situations in ways that make it difficult for opponents to win.
<p>Summer 1</p> <p>Athletics, fielding and throwing-linked to real PE skills 5 and 6. Dynamic balance and dynamic balance (agility)</p>	<ul style="list-style-type: none"> • Run at fast, medium and slow speeds. • Use different take off and landings when jumping. • Develop jumping for distance and height. • Take part in a relay activity, remembering when to run and what to do. • Throw a variety of objects, changing my action for accuracy and distance. • Record my distances, numbers and times.
<p>Summer 2</p> <p>Rounders – linked to skills 6 and 2. Co-ordination with equipment and dynamic balance to agility.</p>	<ul style="list-style-type: none"> • Use overarm and underarm throwing, and catching skills. • Begin to strike a bowled ball after a bounce. • Bowl a ball towards a target. • Develop an understanding of tactics and begin to use them in game situations.
<p>Key Vocabulary</p> <p>Futsal, hockey, handball, rounders: keep possession, scoring goals, keeping score, making space, pass/send/receive, travel with a ball, make use of space, points/goals, rules, tactics, batting, hitting, fielding and defending.</p>	