

## Long Term Curriculum Coverage

Class Rowan	Subject PE
Year A (3)	



Autumn 1	Autumn 2
<p style="text-align: center;"><b><u>Circuit Training</u></b></p> <p>Children will focus on a range of core skills. The skills are taught in an engaging and motivational manner, with children initially completing four mini-circuits before competing in two full circuits. Children will develop their skills in travelling and changing travel, ball control skills and balance and coordination. They will be encouraged to keep a personal score for each exercise and to adapt and improve their performance to beat their score.</p>	<p style="text-align: center;"><b><u>Gymnastics – Movement</u></b></p> <p>Children will learn how to perform a variety of floor and vault movements. The children will learn pike jumps, straight jump half-turns, cat leaps, forward rolls from standing, tucked backward rolls, chassis steps and the squat on vault while developing their understanding of the necessary flexibility, strength and control needed to perform the movements successfully. Children will have the opportunity to choreograph their own sequences and routines, performing individually and with a partner.</p>
Spring 1	Spring 2
<p style="text-align: center;"><b><u>Net and Wall Games</u></b></p> <p>Children will learn the key skills players need to play games that involve either a net or a wall. Children will take part in a range of footwork drills and learn the basic grip for holding a tennis racket. They will learn how to control the ball using a racket, such as balancing and bouncing it, before moving on to learning the basic technique for a forehand and backhand hit. Offensively, they will learn how to accurately hit or throw an object to create space. Defensively, they will learn how positioning is fundamental in net and wall-based games and know where to best position themselves to be able to return the ball. They play competitive tennis matches at end of the unit, allowing them to apply all their newly learnt skills. Throughout the unit, there is a range of individual and</p>	<p style="text-align: center;"><b><u>Invasion Games</u></b></p> <p>Children will learn about the basic and fundamental principles of invasion games such as keeping possession and teamwork. The children will learn how to pass, receive and travel with the ball using a variety of balls and techniques. They will develop their understanding of the principles of attacking and defending in invasion games and learn skills such as marking and dodging. Children will have the opportunity to take part in individual, paired and small group activities as well as to play a range of team games to enable them to practise and improve their skills.</p>

<p>partner activities with opportunities for evaluating their own performance.</p>	
<p>Summer 1</p>	<p>Summer 2</p>
<p><b><u>Outdoor Adventures</u></b></p> <p>Children will learn about the fundamental principles of outdoor adventurous activities, such as teamwork, problem-solving and understanding maps. The children will work as part of a team to solve a range of problems and will learn how to give and receive directions using appropriate directional language. They will develop their understanding of maps by using symbols and a key as well as learning how to orientate a map. In the final lesson of the unit, they will be introduced to the adventure sport of orienteering where they will learn some of the symbols used for orienteering and will need to follow a map to move between two locations. Collaborative working, both in pairs and as a group, is an important aspect within this unit.</p>	<p><b><u>Striking and Fielding</u></b></p> <p>Learn the skills players need to play striking and fielding games, such as cricket, rounders, French cricket and Danish longball. The children will learn how to catch and throw across different distances with accuracy. They will develop their skills of cooperation, exploring how working as a team helps to prevent the opposition from scoring points. Children will develop tactical skills, understanding effective ways to ‘run the points’. Children will have the opportunity to design and play a range of mini team games to help them identify and improve their skills.</p>