

PE Knowledge and Skills Map – Year 3 – Academic Year 2023-24

Autumn 1

Unit	Physical Me (Skill acquisition & development)	Thinking Me (Knowledge & understanding, Tactical awareness & Performance analysis)	Social Me (Life skills)	Key Vocabulary
Invasion Games Football	<ul style="list-style-type: none"> Introduction to the core skills required: <i>Passing, dribbling, shooting.</i> Practise core skills in isolation and as part of game play (through modified and small sided games). Apply basic game play rules and skills in small-sided games. Introduction to the basic principles of attack and defence and attempt to put these into practise in small-sided games. 	<ul style="list-style-type: none"> Know how to perform the core skills: ✓ <i>What the skill should look like.</i> ✓ <i>Key coaching points.</i> Know the basic concept and rules for football. Know the basic principles of attack and defence: ✓ <i>Attack – move forward / find space.</i> ✓ <i>Defence – move back / Stay goal side.</i> 	<ul style="list-style-type: none"> Know that participation in PE / Sport can help develop key life skills. Develop a range of core life skills: (1) Self-management: ✓ <i>Get changed independently.</i> ✓ <i>Return to a set point and stand quietly when receiving instruction.</i> ✓ <i>Attempt all activities.</i> ✓ <i>Follow instructions.</i> ✓ <i>Play by the rules.</i> ✓ <i>Persist in the face of adversity.</i> (2) Teamwork: ✓ <i>Work with a variety of different people.</i> ✓ <i>Work co-operatively & collaboratively with others.</i> ✓ <i>Try your best and encourage others to do the same.</i> ✓ <i>Treat others with respect.</i> (3) Know how to manage own game play experience: ✓ <i>Allow others to join in.</i> ✓ <i>Take turns.</i> ✓ <i>Organise & officiate own games.</i> ✓ <i>Begin to resolve conflicts.</i> 	<i>Dribbling</i> <i>Passing</i> <i>Shooting</i> <i>Control</i> <i>Accuracy</i> <i>Possession</i> <i>Attacking</i> <i>Defending</i> <i>Marking</i> <i>Tackling</i> <i>Foul</i> <i>Free Kick</i> <i>Penalty</i> <i>Teamwork</i>
Fundamental Movement Skills Multi-skills - Playground Games	<ul style="list-style-type: none"> Develop fundamental movement skills: ✓ <i>SAQ (locomotion, stopping, changing direction)</i> ✓ <i>Jumping (skipping)</i> ✓ <i>Striking with hands</i> ✓ <i>Throwing & catching</i> Participate in a range of playground games: ✓ <i>Equipment free</i> ✓ <i>Skipping</i> ✓ <i>Ball games</i> Experiment with adapting and developing games to suit the needs of participants. 	<ul style="list-style-type: none"> Know what the expectations are for PE and school sport. Know that rules exist and that they should be followed for fairness. Know the basic concept and rules of a variety of playground games. Know that games can be adapted to meet the needs of those taking part. 	<ul style="list-style-type: none"> Know that participation in PE / Sport can help develop key life skills. Develop a range of core life skills: (1) Self-management: ✓ <i>Get changed independently.</i> ✓ <i>Return to a set point and stand quietly when receiving instruction.</i> ✓ <i>Attempt all activities.</i> ✓ <i>Follow instructions.</i> ✓ <i>Play by the rules.</i> ✓ <i>Persist in the face of adversity.</i> (2) Teamwork: ✓ <i>Work with a variety of different people.</i> ✓ <i>Work co-operatively & collaboratively with others.</i> ✓ <i>Try your best and encourage others to do the same.</i> ✓ <i>Treat others with respect.</i> (3) Know how to manage own game play experience: ✓ <i>Allow others to join in.</i> ✓ <i>Take turns.</i> ✓ <i>Organise & officiate own games.</i> ✓ <i>Begin to resolve conflicts.</i> 	<i>Speed</i> <i>Agility</i> <i>Quickness</i> <i>Tag</i> <i>Jumping</i> <i>Striking</i> <i>Skipping</i> <i>Throwing</i> <i>Catching</i> <i>Passing</i> <i>Rules</i> <i>Officiate</i> <i>Honesty</i> <i>Fairplay</i> <i>Adapt / Modify</i>

PE Knowledge and Skills Map – Year 3 – Academic Year 2023-24

Autumn 2

Unit	Physical Me (Skill acquisition & development)	Thinking Me (Knowledge & understanding, Tactical awareness & Performance analysis)	Social Me (Life skills)	Key Vocabulary
Invasion Games Hockey	<ul style="list-style-type: none"> • Introduction to the core skills required: <i>Passing, dribbling, shooting.</i> • Practise core skills in isolation and as part of game play (through modified and small sided games). • Apply basic game play rules and skills in small-sided games. • Introduction to the basic principles of attack and defence and attempt to put these into practise in small-sided games. 	<ul style="list-style-type: none"> • Know how to correctly hold a hockey stick. • Know how to perform the core skills: ✓ <i>What the skill should look like.</i> ✓ <i>Key coaching points.</i> • Know the basic concept and rules for Uni-Hoc. • Know the basic principles of attack and defence: ✓ <i>Attack – move forward / find space.</i> ✓ <i>Defence – move back.</i> 	<ul style="list-style-type: none"> • Know that participation in PE / Sport can help develop key life skills. • Develop a range of core life skills: (1) Self-management: ✓ <i>Dress appropriately for the activity / weather.</i> ✓ <i>Be ready and respectful when receiving instruction.</i> ✓ <i>Practise to get better.</i> ✓ <i>Play by the rules.</i> ✓ <i>Accept the outcome.</i> (2) Teamwork: ✓ <i>Work with a variety of different people.</i> ✓ <i>Work co-operatively & collaboratively with others.</i> ✓ <i>Try your best and encourage others to do the same.</i> ✓ <i>Treat others with respect.</i> (3) Communication: ✓ <i>Use names to get attention.</i> ✓ <i>Speak to others as you would like them to speak to you.</i> ✓ <i>Use positive and kind words for encouragement.</i> 	<p style="text-align: center;"><i>Open stick Push Pass Hit Receive Drag Indian Dibble Shooting Control Accuracy Possession Attacking Defending Marking Tackling Teamwork</i></p>
Fundamental Movement Skills Indoor Throwing and Catching	<ul style="list-style-type: none"> • Develop throwing and catching skills. • Introduction to a variety of throwing actions: ✓ <i>Chest pass</i> ✓ <i>Bounce pass</i> ✓ <i>Overhead pass</i> • Practise selecting the right throwing action for the game / situation: ✓ <i>Throwing to</i> ✓ <i>Throwing at</i> ✓ <i>Passing</i> • Introduction to the basic game play rules for a variety of indoor throwing and catching games. 	<ul style="list-style-type: none"> • Know how to perform the core skills: ✓ <i>What the skill should look like.</i> ✓ <i>Key coaching points.</i> • Know that different situations require different throwing actions: ✓ <i>Throwing to</i> ✓ <i>Throwing at</i> ✓ <i>Passing</i> • Know the basic concept and rules for a variety of indoor throwing and catching games: ✓ <i>Benchball</i> ✓ <i>Dodgeball</i> ✓ <i>Hoopball</i> 		<p style="text-align: center;"><i>Throw Pass Chest pass Bounce pass Overhead pass / lob Hit Catch Block Intercept Concept Rule Tactics</i></p>

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Spring 1

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Sportshall Athletics	<ul style="list-style-type: none"> • Introduction to the core skills: <ul style="list-style-type: none"> ✓ Throwing - Javelin ✓ Jumping – Long jump • Develop running technique and stamina: <ul style="list-style-type: none"> ✓ Sprint - Arm action ✓ Starting, stopping & turning ✓ Distance – Pace & Breathing • Experiment with different actions to see how they impact on performance: <ul style="list-style-type: none"> ✓ Jumping - patterns • Participate in a SHA festival. 	<ul style="list-style-type: none"> • Know how to perform the core skills: <ul style="list-style-type: none"> ✓ What the skill should look like. ✓ What constitutes a valid action. ✓ Key coaching points. • Know how to pace when running long distance. • Know that changing a technique can alter performance. • Know how to measure SHA events. 	<ul style="list-style-type: none"> • Know that participation in PE / Sport can help develop key life skills. • Develop a range of core life skills: <ol style="list-style-type: none"> (1) Self-management: <ul style="list-style-type: none"> ✓ Dress appropriately for each activity. ✓ Participate in a safe manner. ✓ Make good use of the time to practise within the lesson. ✓ Try your best & set personal challenges. (2) Communication: <ul style="list-style-type: none"> ✓ Know when to talk & when to listen. ✓ Share knowledge by answering questions. ✓ Provide feedback on own & others performance. (3) Leadership: <ul style="list-style-type: none"> ✓ Take turns. ✓ Organise group – agree roles / responsibilities. ✓ Measure & record results. 	<p style="text-align: center;"><i>Launch</i> <i>Take off</i> <i>Landing</i> <i>Speed</i> <i>Acceleration</i> <i>Relay</i> <i>Change over</i> <i>Technique</i> <i>Valid action</i> <i>Coaching point</i> <i>Stamina</i> <i>Pace</i> <i>Power</i> <i>Force</i></p>
Gymnastics	<ul style="list-style-type: none"> • Develop the core skills required: <ul style="list-style-type: none"> ✓ simple shapes / balances ✓ jumps ✓ rolls • Practise linking skills to form mini routines. • Copy, practise and perform a set routine. • Practise and adapt a pre-set routine. 	<ul style="list-style-type: none"> • Know how to safely set up and pack away equipment. • Know how to perform the core skills: <ul style="list-style-type: none"> ✓ What the skill should look like. ✓ Key coaching points. • Know to work within own limits. • Know that consideration must be given to: <ul style="list-style-type: none"> ✓ Skill selection ✓ Travel ✓ Transition when creating floor routines. 		<p style="text-align: center;"><i>Shapes / Balances</i> <i>Control / Still</i> <i>Straight / Tuck / Pike</i> <i>/ Straddle</i> <i>Jumps</i> <i>Stick the landing</i> <i>Roll</i> <i>Pencil / Egg / Teddy bear / Commando / Forward / Backward</i> <i>Turn</i> <i>Control</i> <i>Extension</i> <i>Travel</i> <i>Routine</i></p>

PE Knowledge and Skills Map – Year 3 – Academic Year 2023-24

Spring 2

Unit	Physical Me (Skill acquisition & development)	Thinking Me (Knowledge & understanding, Tactical awareness & Performance analysis)	Social Me (Life skills)	Key Vocabulary
Invasion Games Bee Netball (formally Hi-Fives)	<ul style="list-style-type: none"> • Introduction to a variety of throwing actions: <ul style="list-style-type: none"> ✓ Chest pass ✓ Bounce pass ✓ Overhead pass • Practise selecting the right throwing action for the situation. • Practise core skills in isolation and as part of game play. • Apply basic game play rules and skills. • Introduction to the basic principles of attack and defence and attempt to put these into practise in games. 	<ul style="list-style-type: none"> • Know how to perform the core skills: <ul style="list-style-type: none"> ✓ What the skill should look like. ✓ Key coaching points. • Know the basic concept and rules for Bee Netball (Formally Hi-Fives). • Know the basic principles of attack and defence. <ul style="list-style-type: none"> ✓ Attack – move forward / find space. ✓ Defence – Mark players / Intercept passes. 	<ul style="list-style-type: none"> • Know that participation in PE / Sport can help develop key life skills. • Develop a range of core life skills: <ol style="list-style-type: none"> (1) Self-management: <ul style="list-style-type: none"> ✓ Dress appropriately for the activity / weather. ✓ Be ready and respectful when receiving instruction. ✓ Attempt all activities. ✓ Make good use of time to practise within the lesson. ✓ Play by the rules. ✓ Accept the outcome. (2) Teamwork: <ul style="list-style-type: none"> ✓ Work with a variety of different people. ✓ Work co-operatively & collaboratively with others. ✓ Try your best and encourage others to do the same. ✓ Treat others with respect. ✓ Practise both leading & following. (3) Communication: <ul style="list-style-type: none"> ✓ Know when to talk & when to listen. ✓ Share ideas with others. ✓ Provide feedback on own & others performance. 	<i>Pass</i> <i>Chest Pass</i> <i>Bounce Pass</i> <i>Overhead Pass</i> <i>Intercept</i> <i>Mark</i> <i>Space</i> <i>Signal</i> <i>Block</i> <i>Foul</i> <i>Free pass</i>
Dance	<ul style="list-style-type: none"> • Practise counting and moving in time to the beat. • Perform short sequences of movement in a repeating pattern. • Copy, practise and perform sequence of movements. • Develop performance skills. • Create, practise, and perform mini dances. 	<ul style="list-style-type: none"> • Know how to identify the strong beat. • Know how to count and move in time to the music. • Know that dance routines often involve repeating patterns of movement. • Know that consideration needs to be given to: <ul style="list-style-type: none"> ✓ Travel ✓ Formation ✓ Performance skill when create dance routines. 		<i>Count</i> <i>Timing</i> <i>Beat</i> <i>Pattern</i> <i>Movement</i> <i>Sequence</i> <i>Formation</i> <i>Travel</i> <i>Rhythm</i> <i>Routine</i> <i>Performance</i>

PE Knowledge and Skills Map – Year 3 – Academic Year 2023-24

Summer 1

Unit	Physical Me (Skill acquisition & development)	Thinking Me (Knowledge & understanding, Tactical awareness & Performance analysis)	Social Me (Life skills)	Key Vocabulary
Striking & Fielding Scatterball	<ul style="list-style-type: none"> • Introduction to the core skills required: <i>throwing & catching, bowling, batting, fielding.</i> • Practise core skills in isolation and as part of game play (through modified and small sided games). • Apply basic game play rules and skills in small-sided games. • Introduction to the basic principles of batting and fielding. 	<ul style="list-style-type: none"> • Know how to perform the core skills: ✓ <i>What the skill should look like.</i> ✓ <i>Key coaching points.</i> • Know the basic concept and rules for scatterball. • Know the basic principles for batting & fielding: ✓ <i>batting – swing to strike ball / hit forward & into space / run to score.</i> ✓ <i>Fielding – return ball to bowler / stump posts or catch out / stop batter from scoring runs.</i> 	<ul style="list-style-type: none"> • Know that participation in PE / Sport can help develop key life skills. • Develop a range of core life skills: (1) Self-management: ✓ <i>Dress appropriately for activity/ weather.</i> ✓ <i>Demonstrate how to stay safe in the sun.</i> ✓ <i>Participate in a safe manner.</i> ✓ <i>Make good use of time within the lesson to practise.</i> ✓ <i>Try your best & set personal challenges.</i> (2) Communication: ✓ <i>Know when to talk & when to listen.</i> ✓ <i>Share knowledge by answering questions.</i> ✓ <i>Provide feedback on own & others performance.</i> (3) Know how to manage own game play experience: ✓ <i>Allow others to join in.</i> ✓ <i>Take turns.</i> ✓ <i>Organise & officiate own games.</i> ✓ <i>Begin to resolve own conflicts.</i> 	<i>Throw Catch Pass Stump Out Safe Runs Relay Underarm Over arm Deep field</i>
Racquet Sports Tennis	<ul style="list-style-type: none"> • Introduction to the core skill required: <i>Grip, ready position, racquet control, forehand & backhand.</i> • Introduction to the basic racket control skills. • Practise sending & receiving a ball. • Participate in a rally. • Participate in games that involve returning a ball over a net. 	<ul style="list-style-type: none"> • Know how to perform the core skills: ✓ <i>What the skill should look like</i> ✓ <i>Key coaching points</i> • Know how to strike the ball to send it towards a partner. • Know the importance of returning to the ready position between shots. • Begin to understand how points are scored in the game of tennis. 	<ul style="list-style-type: none"> ✓ <i>Share knowledge by answering questions.</i> ✓ <i>Provide feedback on own & others performance.</i> (3) Know how to manage own game play experience: ✓ <i>Allow others to join in.</i> ✓ <i>Take turns.</i> ✓ <i>Organise & officiate own games.</i> ✓ <i>Begin to resolve own conflicts.</i> 	<i>Handshake Grip Control Track Gentle Send Strike Receive Rally Bounce Forehand Backhand Ready position Points Net Bounce</i>

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Summer 2

Unit	Physical Me (Skill acquisition & development)	Thinking Me (Knowledge & understanding, Tactical awareness & Performance analysis)	Social Me (Life skills)	Key Vocabulary
<p>OAA Orienteering</p>	<ul style="list-style-type: none"> • Introduction to the core skills required: Map reading, thumbing & orientating the map, following set routes, information retrieval. • Practise following simple routes. • Introduction to visiting controls and retrieving information. • Participate in an orienteering star course. • Practise following a set route in a confined environment. 	<ul style="list-style-type: none"> • Know what a map is and what a key is used for. • Know the names and relative positions of compass points. <ul style="list-style-type: none"> ✓ ordinal ✓ cardinal • Know the colours and symbols used on orienteering maps: <ul style="list-style-type: none"> ✓ Start point ✓ End point ✓ Key landmarks • Know how to perform the core skills: <ul style="list-style-type: none"> ✓ Map reading ✓ Thumbing the route & orientating the map ✓ Following set routes ✓ Visiting controls & retrieving information 	<ul style="list-style-type: none"> • Know that participation in PE / Sport can help develop key life skills. • Develop a range of core life skills: <ol style="list-style-type: none"> (1) Self-management: <ul style="list-style-type: none"> ✓ Dress appropriately for the activity/ weather. ✓ Demonstrate how to stay safe in the sun. ✓ Participate in a safe manner. ✓ Make good use of time in the lesson to practise. ✓ Try your best & set personal challenges. (2) Communication: <ul style="list-style-type: none"> ✓ Know when to talk & when to listen. ✓ Share knowledge and ideas. ✓ Provide guidance & instruction. (3) Teamwork: <ul style="list-style-type: none"> ✓ Work with a variety of different people. ✓ Work co-operatively & collaboratively with others. ✓ Try your best and encourage others to do the same. ✓ Treat others with respect. ✓ Practise both leading & following. 	<p style="text-align: center;"><i>Map</i> <i>Key</i> <i>Symbols</i> <i>Landmarks</i> <i>Features</i> <i>Thumbing</i> <i>Orienteering</i> <i>Compass Direction</i> <i>Route</i> <i>Star Course</i> <i>Control</i> <i>Retrieve</i> <i>Mapping</i> <i>Symbols</i> <i>Relay</i> <i>Time trial</i></p>
<p>Sports Day Preparation</p>	<ul style="list-style-type: none"> • To practise the challenges that will be part of the whole school sports day (School Games afternoon). • To participate in a timed sprint challenge. 	<ul style="list-style-type: none"> • Know how to safely participate in each activity. • Know how each event is scored. • Know how to perform each task: <ul style="list-style-type: none"> ✓ What to do ✓ The rules of the game ✓ Key coaching points 		<p style="text-align: center;"><i>Challenge</i> <i>Sprint</i> <i>Carousel</i> <i>Teamwork</i> <i>Sportsmanship</i> <i>Honesty</i> <i>Fairplay</i> <i>Encouragement</i></p>