



“Whatever you do, work at it with all your heart”

Colossians 3:23

Striking & Fielding

Year 3

Spring 2—Summer 2

Key Knowledge:

Know that:

When bowling/throwing, the ball should be released when it is at the correct height and pointing at the target

When fielding, I need to keep my eyes and body aligned with the direction of the ball

It is important to prepare short or long barrier before the ball arrives

Accelerating/moving the arm quicker through the bowling/throwing technique will cause the ball to be thrown quicker but with less control

An underarm throw is best to use over shorter distances and an overarm throw is more suited to further distances

Hold a rounders bat with one hand whilst standing side on, head up looking at the bowler

Hold a cricket bat with two hands whilst standing side on, head up looking at the bowler

Strike the ball into space away from fielders

Fielders should be spread out to cover the playing area as much as possible

Key Vocabulary:

Strike—hitting the object using a bat with purpose

Short and long barriers—using your leg as a barrier to stop moving ball

Fielding—playing against a batting team trying to bowl, stump or catch them out

Bowling—throwing the ball towards the batter at the start of each point

Stumped—hitting the stumps with the ball before the batter arrives





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Flag Football

Year 3

Spring 2—Summer 2

Key Knowledge:

Know that:

A touchdown is scored when the ball is caught or run into the end zone.

Scanning lots helps know where the space is to receive the ball in.

When the ball has been caught, sprint forwards or into space

Once the offensive player holding the ball has been tagged, the attempt is over and restarts with the next snap

Teams are given four downs to try and score a touchdown or advance the ball a specific distance.

No contact, tackling or diving

Key Vocabulary:

Offense—the team that has the ball and is attacking.

Defence—the team without the ball and is defending

Touchdown—when the ball is caught or run into the end zone

Down—when the ball in possession is tagged

Snap—a throw backwards between the legs which starts each attempt.





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Athletics

Year 3

Spring 2—Summer 2

Key Knowledge:

Know that:

Two feet together (without a run up) when completing a standing long jump

Swinging arms and bending knees slightly will create momentum to jump further

Pumping arms forwards and backwards quickly in a smooth action will create more sprinting speed

When doing a sprinting race, a runner must stand in their own lane throughout

A 'standing start' should be used for an endurance race

When doing an endurance race, a runner should adopt a running speed which they can maintain throughout

A howler should be held with one hand underneath the main body of the howler

A howler should be released as close to the line as possible without moving over it

A shotput should be held with one hand underneath whilst positioned under the jaw

Bending knees back and forth (from low to high) will generate more shotput power and distance

Key Vocabulary:

- ⇒ Endurance—continuous running over long distances without slowing down
- ⇒ Sprinting—quick running over a short distance
- ⇒ Momentum—quickly moving body weight from one side to the other to jump/throw further
- ⇒ Standing start—the beginning of a race, competitors begin from an upright, standing position





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Net & Wall (Alternative Sports)

Year 3
Spring 1 & 2

Key Knowledge:

Know that:

Use a hand to strike the ball

1 Strike the ball with one hand

Ready position is arms raised above the waist

Body facing the target/ball before every stroke

Eyes looking at the target/ball before every stroke

Key Vocabulary:

Strike—to hit a still or moving object with a deliberate action.

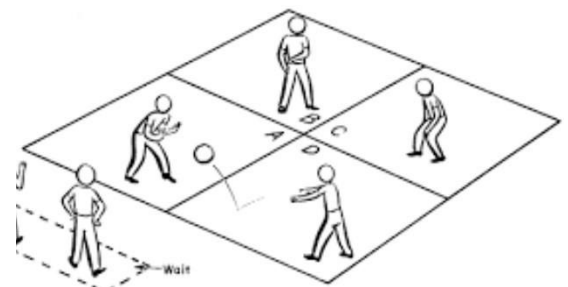
Control—striking or moving an object so it goes where it was intended

Ready position—a position used before the ball arrives. Hands out to side, palms facing forwards and knees slightly bent.

Serve—the first strike or hit of the ball which begins each point.

Forehand—a stroke played with the palm of the hand facing in the direction of the stroke.

 **Spikeball™**





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Gymnastics

Year 3
Spring 1 & 2

Key Knowledge:

Know that:

- ⇒ **Keep head up and back leg straight with pointed toes when leaping**
- ⇒ **A balance is still and steady position for at least 5 seconds**
- ⇒ **Be still when landing and bend knees slightly to cushion**
- ⇒ Movements in a sequence can be linked (e.g. with a chassis step, cat leap or jump half turn)
- ⇒ Two balances are stork and arabesque
- ⇒ There are 5 different types of jumps
- ⇒ Hoops can be rotated around different body parts (ankle, wrist, arm, waist, neck)

Key Vocabulary:

Tuck—knees raised together to the chest

Straddle—body passes over the apparatus in a sitting position with the legs spread wide to each side.

Straight—body and legs straight together in a ‘pencil’ shape

Star—arms and legs spread wide shaped like a star

Pike—jump into the air bent at the waist with straight legs out

Tension—body is held tight than when it is a loose collection of individual parts

Sequence—two or more skills which are performed together

