



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

Colossians 3:23

Sending & Receiving

Year 3

Autumn 1—Spring 1

Key Knowledge:

Know that:

Hold the ball underneath with one hand when rolling

Lunge forward low to the ground to release the ball low to the ground to achieve a roll and not a bounce

Get feet and hands behind the ball to receive it

Hold the ball with one hand when throwing

Throwing hand should point at the target when the ball is released

Create ‘cereal bowl’ or ‘W for winning’ shape with hands before ball arrives

Move away from opponents to find space to receive the ball in

Send/throw/roll the ball towards a team mate who has space around them

Key Vocabulary:

Send - arrange for the delivery or throw of an object

Receive—catch, stop or trap an object which has been sent

Space—an empty area without any opponents or interferences

Accurately—reaching an intended target

Awareness—know what is happening around you

Tracking—watching a moving object





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Dance

Year 3

Autumn 1—Spring 1

Key Knowledge:

Know that:

- ⇒ Dancing at different levels improves a dance.
- ⇒ Mirroring is copying a partner's movements at the same time as them.
- ⇒ A canon in a dance is performing the same movement after one another.

Key Vocabulary:

Expressive-showing emotion or feeling when performing

Dynamics (nature of movement)-the energy, or effort, or force, or weight applied to movement

Stimulus (the starting point for dance)-the starting point or incentive for creative movement.





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Gymnastics

Year 3
Autumn 1—Spring 1

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



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Net & Wall (Alternative Sports)

Year 3
Spring 1 & 2

Key Knowledge:

Know that:

Use a hand to strike the ball

Use the palm of the hand for greatest power and control

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.

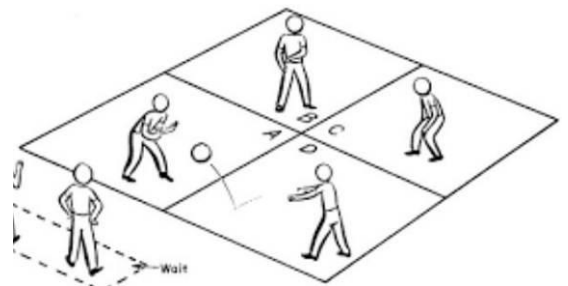
Control—striking or moving an object so it goes where it was intended

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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Passing & Space

Year 3
Spring 1 & 2

Key Knowledge:

Know that:

- ⇒ I can use movements to create space away from a
- ⇒ It is better to receive the ball in space
- ⇒ I should scan around to be aware of where the space
- ⇒ It is important to use communication to make teammates aware you are receiving or sending the ball
- ⇒ I need to take up the 'ready' position of hands in front of the body and eyes on the ball before receiving the ball

It is most effective to pass to a team member who is in the most amount of space

Key Vocabulary:

Awareness-knowing where your opponents and teammates are around you

Scanning-using a quick look to see what is happening all around you

Weight- how 'heavy' or how much force to apply when passing a ball

Possession-when you or your team are holding or 'in possession of the ball'

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





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Movement & Athletics

Year 3
Spring 1 – Summer 2

Key Knowledge:

Know that:

- ⇒ I need two feet together (without a run up) when completing a standing long jump
- ⇒ 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
- ⇒ 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

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

