

# ALDER COPPICE PRIMARY SCHOOL UNIT INFORMATION

SUBJECT: PE		YEAR 3	SPRING TERM UNIT 3: Gymnastics/Fitness UNIT 4: Competitive Games
Knowledge Focus	Gymnastics	Evaluate - Fitness	Competitive Games
National Curriculum Knowledge	<i>Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)</i>	<i>To compare performances with previous ones and demonstrate improvement to achieve their personal best</i>	<i>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i>
Year 3 Spring 1	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>To know how to perform point and patch balances</li> <li>To know how to match a partner</li> <li>To know how to perform shape jumps</li> <li>To know how to perform straight, barrel and forward rolls</li> <li>To know how to perform matching and contrasting shapes and actions</li> <li>To know how to transition smoothly in and out of balances</li> <li>To know how to use equipment in routines</li> <li>To know how to create a partner sequence with equipment</li> </ul>	<b>Fitness</b> <ul style="list-style-type: none"> <li>To know how and why we record baseline fitness scores</li> <li>To know basic sprinting technique</li> <li>To know how to develop strength using body weight</li> <li>To know how to improve agility, balance and coordination</li> <li>To know how to improve stamina</li> <li>To know how to, and why, we retest</li> </ul>	
Year 3 Spring 2			<b>Football</b> <ul style="list-style-type: none"> <li>To know how to keep control when dribbling</li> <li>To know how to pass and move</li> <li>To know how to control the ball with different body parts</li> <li>To know how to use the inside and outside hook to turn</li> <li>To know how to jockey an opponent</li> <li>To know the rules and how to play</li> </ul> <b>Tennis</b> <ul style="list-style-type: none"> <li>To know the ready position</li> <li>To know how to control a racket and ball</li> <li>To know the forehand and backhand strokes</li> <li>To know how to score and play</li> </ul>