



Subject- Physical Education



Threshold Concepts and Milestones

Threshold Concept		Year 3	Content
<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Games</p>	<ul style="list-style-type: none"> • Throw and catch with control and accuracy. • Follow the rules of the game and play fairly. • Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). 	<p>Autumn 1 and 2 Baseball/Rounders - Sport Education Spring 1 Korfball and Change for Life Summer 1 Badminton Summer 2 Hockey</p> <p>In the Autumn term, Year 3 will be learning to play an adopted game of Baseball and Rounders. This is a Sport Education block, so in the first 6 weeks the children will learn the skills to play the game. After this, the children will be split into teams and will then take part in a season of Baseball, where the children will lead their teams and their learning. In the classroom, the children will take part in activities to extend their learning.</p>

In the Spring term, the children will be taking part in a blended programme based on the resources from the government led Change for Life programme. This will involve theory sessions in the classroom and active sessions outside. The theory sessions will look at a range of issues, such as healthy eating, body image, confidence etc. The active sessions involve playing games and activities to encourage the children to be active. This block is vital in embedding lifelong healthy habits and encouraging physical activity. Reports suggest that children are turned off PE by the age of 7. Alongside this, the children will be learning to play the game of Korfbal. Korfbal is a Dutch game, a hybrid of basketball, netball and hockey. This will build on the skills they have learnt in KS1 and develop skills to play games later in KS2.

In the Summer term, there is a focus on traditional games. Badminton has been chosen as the Year 3 game, as we invested money in equipment and resources as part of PE Premium, to provide an alternative net and wall game to tennis and the traditional games. During this block, Year 3 will be learning to play the game of Hockey. Hockey is a great game for hand-eye co-ordination and involves using a range of equipment safely and appropriately.

	Dance	<ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Refine movements into sequences. • Change speed and levels within a performance. 	<p>Spring 1 and 2 Dance</p> <p>During this block, the Year 3 staff and children have the choice of which block they would like to do. Children should learn to recreate movements to show an idea and then use these to create their own dance sequence, taking into account the music.</p>
	Gymnastics	<ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Refine movements into sequences. • Show changes of direction, speed and level during a performance. 	<p>Spring 1 and 2 Gymnastics</p> <p>In gymnastics this year, the children will be building on what they have learnt in KS1 and creating more adventurous sequences and refining movements. This block will involve a mix of floor and apparatus work.</p>

	Swimming		N/A as swimming is covered in Year 2
	Athletics	<ul style="list-style-type: none"> • Sprint over a short distance up to 60 metres. • Use a range of throwing techniques (such as under arm, over arm). • Jump in a number of ways, using a run up where appropriate. 	<p>As there is not a specific block of planning for this, it will need to be covered during 15 minute PE or as part of the Change for Life block.</p> <p>Year 3 will take part in a competitive Sports Day alongside Year 2, as part of transition.</p>
	Outdoor and adventurous activities		<p>N/A as the OAA Curriculum is covered in Year 4 and 5.</p> <p>Some activities will be covered by the Change for Life block in Spring 1.</p>