

Y3 Scheme of Work – PE Passport

Lessons adapted – S.T.E.P (space, task, equipment, people to be more inclusive, challenging or accessible ensuring every child is engaged and learning.



Love God, Love each other, Love Learning

Year	Topic	Week	Learning Objective	Knowledge	Skills
3	Target Games 2	Autumn 1 Week 1	To recap punting a ball and improve performance	I know which part of my foot to strike with I know which foot to strike with (my dominant foot) I know how to punt high	I can coordinate the skill of punting a ball consistently I can work with a partner to improve punting
	Target Games 2	Autumn 1 Week 2	To punt a ball with increasing accuracy using both feet	I know to hold the ball over the side I want to strike from I know that I need to be in a ready position to catch my partner's punts	I can co-ordinate the action of punting with either foot I can use both feet
	Target Games 2	Autumn 1 Week 3	To strike a ball at a target using equipment	I know to get into a sideways position when striking I know to keep my head still when striking	I can strike a ball at a target using equipment I can strike a ball with increasing accuracy
	Target Games 2	Autumn 1 Week 4	To strike a ball at a target with some force	I know what game situations striking with force might be needed I know that a tee is used to hold a ball in place	I can strike a ball at a target with some force and accuracy I can strike into spaces
	Target Games 2	Autumn 1 Week 5	To throw a ball overarm with some accuracy at a target	I know how to stand when throwing overarm I know that practise increases accuracy I know game situations where overarm throws are needed	I can throw a ball overarm with some accuracy at a target I can choose correctly when it is best to throw underarm and overarm

	Target Games 2	Autumn 1 Week 6	To send and receive a ball consistently well on “one bounce”	I know how to receive a ball after one bounce I know why a bounce before receiving the ball is sometimes used	I can throw overarm on “one bounce” I can receive a ball consistently well after one bounce
	Invasion Games 2	Autumn 2 Week 1	To throw overarm for my partner and consistently catch after one bounce	I know how to perform an overarm throw I know how far to throw a ball in relation to where I am standing I know how to make a W shape with my hands to receive the ball I know to stand in a position of readiness to receive a ball	I can throw overarm for my partner to catch after one bounce I can catch a ball after one bounce
	Invasion Games 2	Autumn 2 Week 2	To throw underarm tactfully to move my opponent around the court	I know why throwing is not always for your partner to catch I know how to track the flight of the ball I know how to stay light on my feet	I can throw underarm I can catch a ball I can move my hands so the ball lands in my hands I can move my opponent around the court when playing against them
	Invasion Games 2	Autumn 2 Week 3	To use defence tactics of tracking and intercepting	I know how to track the flight of the ball I know what intercepting is I know why they are used in defending I know the role of attack and defence	I can track an opponent I can intercept a pass I can turn my body so that I can see my opponent and the ball
	Invasion Games 2	Autumn 2 Week 4	To use attacking tactics of dodging and closing space	I know the role of attack and defence I know to close the space down quickly when defending To attack at speed Know the reasons for attacking in games	I can dodge to beat an opponent I can close the space down that attackers have to work in
	Invasion Games 2	Autumn 2 Week 5	To apply basic rules and tactics to retain possession	I know what possession means and why it is important I know to keep my body between the ball and my opponent I know how to deceive defenders by using dummy passes	I can pass the ball consistently and with control I can retain possession of the ball I can shield the ball by using my body

	Invasion Games 2	Autumn 2 Week 6	To compete in team games	To recall attack and defence roles I know to keep my body between the ball and my opponent I know how to deceive defenders by using dummy passes	I can compete with some spatial awareness in team games I can pass and move decisively I can shield the ball by using my body
	Football (invasion)	Spring 1 Week 1	To send and receive a football using the inside of my foot	To know some rules of football To know to be on the balls of my feet when waiting to receive a pass To know how to find space after passing	I can trap a ball and cushion it when receiving I can pass the ball accurately I can move into a space after passing I can use the inside of my foot when passing over short distances
	Football	Spring 1 Week 2	To dribble using both feet and different parts of the foot	To know how to position my body in relation to the ball I know how to shield the ball To know why it is important to take touches with different parts of the foot when dribbling	I can dribble a ball using both feet I can manipulate the ball using different parts of the foot I can shield a ball from an opponent
	Football	Spring 1 Week 3	To turn confidently with the ball	To know how to get the ball out wide To know how to use the full width of the pitch To know what a drag turn and N turn look like To know which type of turn to use	I can turn confidently with a ball I can play a small game to demonstrate my turns: Drag turn, N turn
	Football	Spring 1 Week 4	To begin to use overlapping and underlapping when in a 1v1 and 2v1 situation	I know how to defend against an opponent when in a 1v1 situation. To know when to overlap and underlap To know that when at a disadvantage, good organisation in the team is important	I can make good decisions when in possession I can use overloading, overlapping and underlapping when my team has more players
	Football	Spring 1 Week 5	To use space effectively when defending	I know the rules of football I know that the team needs to be balanced I know that chasing the ball will not result in possession	I can defend well by watching the ball and waiting I can show decisiveness

				I know to pass and move into space I know to get behind the ball and close the space	I can maintain concentration when the ball isn't in my area of the pitch
	Football	Spring 1 Week 6	To demonstrate a range of attack and defence skills in a competitive game	I know the rules of football I know to always plan ahead when out of possession I know to keep the ball in sight	I can demonstrate a range of attack and defence skills in a competition I can get into sideways position when receiving the ball
	Gymnastics Symmetry	Spring 2 Week 1	To create a sequence using different spins on patches	To know that patches are larger body parts: bottom, front and back To know that smooth transitions are controlled movements at hat join shapes together To know how to use feedback to improve my performance	I can create a sequence using different spins on patches I can perform with smooth transitions I can create interesting starting and finishing positions that can be held for 3 seconds
	Gymnastics Symmetry	Spring 2 Week 2	To create a sequence of spins on points at different levels	To know the important of working with control To know that points are smaller body parts: one hand, two hands in crab, bridge, spin on knees To know smooth transitions are controlled movements that join shapes together To know the different levels they can put into their sequences	I can create a sequence of pins on points at different levels I can perform with smooth transitions I can walk like a "giraffe" I can create interesting starting and finishing positions that can be held for 3 seconds
	Gymnastics Symmetry	Spring 2 Week 3	To spin symmetrically and asymmetrically on points and patches	To know what symmetrical and asymmetrical shapes look like To know the important of a clear starting and finishing position	I can spin symmetrically and asymmetrically on points and patches I can work at different levels I can show fluency and control within their movements I can show aesthetically pleasing transitions

	Gymnastics Symmetry	Spring 2 Week 4	To perform a forward roll	To know how to work constructively with a partner To know what a forward roll looks like To know how to perform a forward roll : squat with weight on the balls of their feet to put hands underneath their shoulders, shoulders – width apart putting their chin on their chest then raise their hops and look to roll onto the back	I can perform a forward roll I can perform a series of symmetrical and asymmetrical rolls I can work in partners
	Gymnastics Symmetry	Spring 2 Week 5	To work in different formations with a partner	I know how to work in time with a partner (synchrony) I know how to mirror their partner I know the safety expectations when working with apparatus	I can work in different formations with a partner I can perform balances in unison I can use a range of balances, spins and jumps
	Gymnastics Symmetry	Spring 2 Week 6	To create a controlled sequence using a range of symmetrical and asymmetrical moves	I know what symmetrical and asymmetrical shapes look like I know the importance of a clear starting and finishing position I know how to listen to peer assessment and improve my work	I can create a sequence using a range of symmetrical and asymmetrical gymnastics moves I can alternate between symmetry and asymmetry, different directions, speeds and levels
		Summer 1 Week 1	To play a game of hand tennis, applying basic rules of tennis	I know what a ready position is: feet shoulder width apart with weight on the balls of the feet, hands together in front of the body To know to get to the centre of the court after playing each shot	I can take up a ready position I can move into good positions to strike a ball I can play a game of hand tennis I can move my opponent around the court
		Summer 1 Week 2	To hit consistent forearm returns	To know what a backswing is I know what a return is To know what forearm returns are To know to keep my head still To know how to aim using part of the racket	I can hit consistent forearm returns I can get into consistently good positions to hit the ball after one bounce I can get into a sideways position, have a full backswing, track the

					ball as it bounces with my eyes and strike the ball as it is at hip height
		Summer 1 Week 3	To perform a backhand shot using the correct body positioning	To know what a backhand shot looks like To know to use one or two hands to maintain control	I can perform backhand shots I can get into a good position to play backhand shots I can strike the ball on the backhand
		Summer 1 Week 4	To perform a volley forehand and backhand	To know what a volley is To know that the ball should be deflected downwards to create a bounce over the net	I can volley a ball forehand and backhand I can strike the ball downwards
		Summer 1 Week 5	To move into the correct positions when playing a variety of shots	To know the rules of tennis To know how to score in tennis To know a variety of tennis shots	I can serve from a baseline into my opponent's side of the court I can move into the correct position to play a variety of shots
		Summer 1 Week 6	To apply tactics against an opponent in a game	To know my own and opponent's strengths and weaknesses To know how to score To know the rules of tennis	I can use tactics against an opponent I can demonstrate tactics to score points
		Summer 2 Week 1	To change pace and run at different tempos	I know how to control running over middle distances I know how running a bend differs from running straight – hug the line, lean into the bend	I can warm up effectively to reduce injury I can change pace base on the race I can sustain my pace over longer distances
		Summer 2 Week 2	To throw with accuracy and power	I know how to position myself sideways when throwing I know how to throw safely I know when stepping forward my feet don't cross the line	I can use the pull techniques I can throw after a run up I can use my non- throwing arm to help me
		Summer 2 Week 3	To throw with greater force and over longer distances	I know how to throw a shot using "clean pal, dirty neck" technique I know how to generate power from the thighs	I can aim for shot I can throw from my shoulder I can control my body for accuracy

		Summer 2 Week 4	To perform the correct technique for triple, high and standing long jump	I know how to recall triple and standing long jump technique from Y3/Y4 I know what a high jump looks like I know how to approach the bar from an arced run up	I can measure accurately I can use “same, different, other” for triple jump I can lift my hips as high as possible when high jumping
		Summer 2 Week 5	To combine sprinting with hurdling	I know how to take off foot and lead leg I know that hurdling requires a lead leg and trail leg I know that I need to pace my sprint for my lead leg to be in front for hurdling	I can use correct technique for sprinting I can use lead and trail legs when hurdling
		Summer 2 Week 6	To transfer a relay baton efficiently	I know how to position myself in a start position I know how to keep my arm parallel to the ground I know to keep my palm facing up towards the sky	I can work in a team I can begin running before my team mate gets to me I can use the opposite hand to foot when receiving the baton I can communicate with my teammate