

# COATHAM CE PRIMARY SCHOOL

# LONG-TERM (YEAR) PLAN

SUBJECT PE				YEAR GROUP 3			
Half-Term	Aut1	Aut2	Spr1	Spr2	Summ1	Summ2	
<b>Statement of Intent</b>	Swimming To be able to swim competently, confidently and proficiently (over a distance of at least 25 metres)	Swimming To be able to swim competently, confidently and proficiently (over a distance of at least 25 metres)  Invasion To be able to play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Gymnastics To be able to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	Dance To be able to perform dances using a range of movement patterns	Athletics To be able to use running, jumping, throwing and catching in isolation and in combination	Strike/Field To be able to play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	
<b>Key Curriculum Coverage</b>	swim competently, confidently and proficiently over a distance of at least 25 metres  use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]  perform safe self-rescue in different water-based situations.	Control and move with the ball  Attacking and defending with accuracy  To understand how to dribble  To use a range of techniques to pass the ball  Move into positions to receive the ball  Move to intercept the ball	To perform a balance on 4,3,2 and 1 body parts  To perform a sequence  Show clear changes of speed	Use of heel turns, step slides  Range of pathways – forwards, backwards, diagonal  respect of another culture and other ideas	To use different throwing techniques  To run effectively  To jump from 1 foot and 2 feet	Striking/batting the ball  retrieving a ball  sending a ball back	
<b>Key Vocabulary</b>	stroke, swim, float, jumping in, pool, back stroke, length, front crawl	walking, running, dribbling, turning, twisting, kicking, collecting, striking, bending, bracing	walking, climbing, turning, twisting, stretching, extending, leaping, tucking, jumping, hanging, flexing, bending, landing	heel turns, step slides, pathways, forwards, backwards, diagonal	walking, running, leaping, jumping, throwing, bending, stretching, extending	walking, running, rolling, catching, pushing, bouncing, throwing, striking, collecting, turning, twisting, bending, bracing	