

COATHAM CE PRIMARY SCHOOL

LONG-TERM (YEAR) PLAN

SUBJECT PE				YEAR GROUP 3			
Half-Term	Aut1	Aut2	Spr1	Spr2	Summ1	Summ2	
Statement of Intent	Swimming To be able to swim competently, confidently and proficiently (over a distance of at least 25 metres)	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 Yoga	Invasion To be able to play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending (Basketball/ Dodgeball)	Athletics To be able to use running, jumping, throwing and catching in isolation and in combination Tennis explore how to apply the principles of attack vs defence in order to win a game of tennis.	Strike/Field To be able to play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	
Key Curriculum Coverage	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.	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	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 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	
Key Vocabulary	stroke, swim, float, jumping in, pool, back stroke, length, front crawl	walking, climbing, turning, twisting, stretching, extending, leaping, tucking, jumping, hanging, flexing, bending, landing	heel turns, step slides, pathways, forwards, backwards, diagonal	walking, running, dribbling, turning, twisting, kicking, collecting, striking, bending, bracing	walking, running, leaping, jumping, throwing, bending, stretching, extending	walking, running, rolling, catching, pushing, bouncing, throwing, striking, collecting, turning, twisting, bending, bracing	