



# Pinner Wood School



<b>Year Group</b>	3	<b>Term</b>	Spring 1	<b>Subject</b>	Outdoor P.E.	<b>Topic &amp; Learning Focus</b>	<b>Real PE</b> <b><u>Unit 3: Cognitive skills (Static balance &amp; Dynamic balance)</u></b>
<b>Prior Learning and other Curriculum Links</b>	<ul style="list-style-type: none"> <li>- I can walk forwards with fluidity and minimum wobble.</li> <li>- I can walk backwards with fluidity and minimum wobble.</li> <li>- I can stand on a line with a good stance for 10 seconds.</li> </ul>				<b>Target Tracker statements (Skills)</b>	<ul style="list-style-type: none"> <li>- I can walk fluidly, lifting knees up to 90°.</li> <li>- I can walk fluidly, lifting heels up to bottom.</li> <li>- I can stand on a low beam with a good stance for 10 seconds.</li> </ul>	
<b>Fundamentals</b>	<p>Balance: Pick up and place cone from one side to other with same hand.</p> <p>Jump from 2 feet to 2 feet with a 180°.</p> <p>Complete a tuck jump.</p> <p>March lifting knees and elbows to 90°.</p>						
<b>Our Curriculum Journey</b>	<p><b>Real P.E. Journey:</b> The children will build their balance skills by moving along a straight line in different ways. The children will progressively take on more challenging course of avoiding objects while moving along a straight line. Making sure throughout to keep good balance. Children will then apply what they have learnt to create their own challenge courses to help others learn to practice their balance.</p>						
<b>Key Vocabulary (revisited)</b>	Sequence Apparatus Space Movement				<b>Key Vocabulary (new)</b>	Hand apparatus High bar Low bar Tuck Crab Half spin	

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