



Pinner Wood School



Year Group	3	Term	Autumn 2	Subject	PE (outdoor)	Topic	Personal skills
						Key Question	n/a
Prior Learning and other Curriculum Links	<p>Year 2</p> <ul style="list-style-type: none">• Coordination: Throw tennis ball and catch rebound with both hands after 1 or no bounce. Strike ball with hand along ground in rally.• Balance: Jump from 2 feet to 2 feet with quarter turn, including moving along a line. Keeping balance on both legs whilst lifting knees to 90o and heel to bottom. Be able to move cone from one side of body to other while maintain balance. <p>Year 1</p> <ul style="list-style-type: none">• Balance: Jump from 2 feet to 2 feet forwards, backwards and side to side, including moving along a line keeping balance on both legs.• Coordination: Side step, gallop hop and skip with fluency and control, roll a ball					Skill statements	<ul style="list-style-type: none">- I can jump from 2 feet to 2 feet with 180° turn in either direction.- I can complete a tucked jump.- I can complete a tucked jump with 180° turn in either direction.

	along floor and around and up and down body (1 and 2 handed), roll a large and small ball and collect rebound with 2 hands.		
Fundamentals	<ul style="list-style-type: none"> • Coordination: Strike a ball with alternative hands in a rally. Hopscotch forwards, backwards, alternating hopping leg each time. Chase large ball and let through legs to collect. Kick a ball with same foot. • Balance: Pick up and place cone from one side to other with same hand. Jump from 2 feet to 2 feet with a 180o. Complete a tuck jump. March lifting knees and elbows to 90o. 	Key Facts/Sticky Knowledge	<p>To jump higher I need to bend my knees and swing my arms.</p> <p>To land from a jump I need to bend my knees and land on the ball of my feet</p>
Our Curriculum Journey	The unit of work will challenge pupils to examine the way in which they take off and land when jumping. They will explore different types of jumps and using them in a sequence		
Key Vocabulary (revisited)	Controlling Shape Stretch Wide Narrow Striking Levels	Key Vocabulary (new)	Repetition Action and reaction Pattern High Low

	Overarm throw		
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