



TSS Primary PE MTP 2022-2023

Year 3

Strand	Key Targets and Learning Objectives	Key Activities	Key Vocabulary
Block 1			
Multi-skills	<ul style="list-style-type: none">Pupils will experience working with a variety of equipment and to explore individual skills during play.In all game activities, pupils will learn movement skills relevant to games, including running, stopping, jumping, chasing and dodging.Pupils will learn to use space and develop agility and balance skills	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none">Agility and RelaysCollecting and throwingCatchingMovement and BalanceChasing and evadingAssessment and recap	<ul style="list-style-type: none">Relayrunningstoppingjumpingchasingdodgingthrowingbalancingfielding
Swimming	<ul style="list-style-type: none">Students will develop swimming skills in line with the Level 3 swimming assessment Criteria	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none">Jump in from poolside safely without support (Pencil jump)Submerge face in water & retrieve objectsFloating front & back without support hold for 3sPush & Glide on front arms extended for 10mPush & Glide on back arms extended for 10mTravel on front using floating deviceTravel on back using floating deviceFully submerge & retrieve objectsCorrectly identify 3 of the four key water safety messages<ul style="list-style-type: none">Always swim in a safe placeAlways swim with an adultIf you fall in, float, breath, relaxIf someone else in trouble call for help	<ul style="list-style-type: none">Body positionBreathingInhaleExhaleDiveBubblesKickingFloating
Block 2			
Athletics & Endurance run	<p>Athletics</p> <ul style="list-style-type: none">In this unit pupils will be introduced to the concept of throwing for distance using a range of objects,jumping for distance and with accuracy.	<ul style="list-style-type: none">Throughout this Athletics unit of work the areas of focus within lessons are:75m SprintLong Jump	<ul style="list-style-type: none">Running,jumping,throwingstance



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	<ul style="list-style-type: none">• Pupils will accurately replicate running challenges and competitions that require both speed and stamina.• In all athletic activity, pupils will engage in performing skills, measuring, and recording their own performance.• Pupils will develop the ability follow safety procedures and handle equipment correctly. <p>Endurance run</p> <ul style="list-style-type: none">• Students will focus on developing their personal running technique,• Look at basic tactics and strategy in order to pace themselves and complete the race to the best of their ability• Students will refine and apply their knowledge across a series of weeks so that they can improve on personal best times and positions within the year group.	<ul style="list-style-type: none">• High Jump• Tennis Ball throw• 8x50m Relay around the track• Team Endurance• Turbo Javelin (small) <p>• Areas of focus within lessons for endurance run are:</p> <ul style="list-style-type: none">• Running Technique• Pacing• Tactics and Strategies• Stamina	<ul style="list-style-type: none">• Stamina• Speed• Baton and exchange• Scissor kick• Take off and landing• reaction• Pacing• Strategy• Technique• Stamina• Fitness• Oxygen
Block 3			
Striking & fielding Girls	<ul style="list-style-type: none">• Pupils will develop the range and consistency of their striking skills.• Pupils will work on aiming for space to outwitting opponents.• To implement simple tactics to form a striking and fielding principle.• To develop an attitude of fair play, sportsmanship, and enjoyment.	Throughout this unit of work the areas of focus within lessons are: <ul style="list-style-type: none">• Catching and throwing skills• Fielding• Game play• Striking• Tactics	<ul style="list-style-type: none">• Accuracy• Aiming• Stance• Space• Grip• Preparation• Tactics• Sportsmanship• Teamwork
Target games	<ul style="list-style-type: none">• Pupils will experience working with a variety of equipment and to develop individual skills leading to co-operative play.• In all game's activities, pupils will learn core skills relevant to Target games, throwing/kicking/hitting towards a target.• Pupils will learn to score points by reaching different targets.• Will begin to watch and describe others' performances, as well as their own.	Throughout this unit of work the areas of focus within lessons are: <ul style="list-style-type: none">• Throwing/hitting/kicking towards a target• Anticipation skills• Ready position• Aiming• Mixed games	<ul style="list-style-type: none">• Batting• Timing• Rolling• sending• Accuracy• throwing• Aiming• scoring



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	<ul style="list-style-type: none">• To develop an attitude of fair play, sportsmanship and enjoyment while using a set of rules.		
Block 4			
Multi-skills	<ul style="list-style-type: none">• Pupils will experience working with a variety of equipment and to explore individual skills during play.• In all game's activities, pupils will learn movement skills relevant to games, including running, stopping, jumping, chasing and dodging.• Pupils will learn to use space and develop agility and balance skills	<ul style="list-style-type: none">• Throughout this unit of work the areas of focus within lessons are:• Agility and Relays• Collecting and throwing• Catching• Movement and Balance• Chasing and evading• Assessment and recap	<ul style="list-style-type: none">• Relay• running• stopping• jumping• chasing• dodging• throwing• balancing• fielding
Net & wall games Girls	<ul style="list-style-type: none">• Students will focus on developing movement on court, linking skills together to form a rally.• The students will learn basic attacking and defending strategies and techniques.• Students will select and apply their skills so that they can carry out basic tactics with the intention of outwitting their opponents.• Students will highlight strength and weakness and improve on the weaknesses in order to improve.	<ul style="list-style-type: none">• Throughout this unit of work the areas of focus within lessons are:• Ball familiarisation & Ready position• Footwork and movement• Catching & throwing (Volleying and digging)• Game play• Rules and scoring	<ul style="list-style-type: none">• Volley• Dig• sending,• receiving• anticipation• scoring.• Ready position• Stance• movement• preparation• Teamwork• Communication
Block 5			
Gymnastics	<ul style="list-style-type: none">• Pupils will replicate and improve the quality of their actions, body shapes and balances, and their ability to link phrases of movement both on the floor and when using apparatus.• Pupils will incorporate control and levels into sequences showing creativity.• Student will begin to describe and evaluate the effectiveness and quality of a performance.	<ul style="list-style-type: none">• Throughout this unit of work the areas of focus within lessons are:• Shapes• Rotation• Development of sequences• Balances• Travelling	<ul style="list-style-type: none">• Points• Patches• 8 Basic Shapes• Tuck• Puck• Straddle• Straight• Arch



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	<ul style="list-style-type: none">• Pupils will progressively learn how to lay out apparatus safely.		<ul style="list-style-type: none">• Dish• Pike• Star• Twist/turn• Rotate• Linking• Sequencing• Travelling• Creative
Gymnastics	<ul style="list-style-type: none">• Pupils will replicate and improve the quality of their actions, body shapes and balances, and their ability to link phrases of movement both on the floor and when using apparatus.• Pupils will incorporate control and levels into sequences showing creativity.• Student will begin to describe and evaluate the effectiveness and quality of a performance.• Pupils will progressively learn how to lay out apparatus safely.	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none">• Shapes• Rotation• Development of sequences• Balances• Travelling	<ul style="list-style-type: none">• Points• Patches• 8 Basic Shapes• Tuck• Puck• Straddle• Straight• Arch• Dish• Pike• Star• Twist/turn• Rotate• Linking• Sequencing• Travelling• Creative
Block 6			
Invasion games	<ul style="list-style-type: none">• Pupils will focus on developing game play with some fluency and accuracy,• Use a range of throwing and catching techniques.• In all games activities, pupils will find ways of attacking successfully.	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none">• Ball Familiarisation• Travelling with a ball• Movement skills	<ul style="list-style-type: none">• Attacking• Defending• Passing• Chest Pass• Bounce Pass• team play



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	<ul style="list-style-type: none">• Use a variety of simple tactics for attacking well, keeping possession of the ball as a team, and getting into positions to score.• Will begin to watch and describe others' performances, as well as their own, and suggest basic ways to improve.• To keep and run a game using a set of rules.	<ul style="list-style-type: none">• Attacking skills• Competitive game situations	<ul style="list-style-type: none">• team positions creating space
Swimming	<ul style="list-style-type: none">• Students will develop swimming skills in line with the Level 3 swimming assessment Criteria	<ul style="list-style-type: none">• Throughout this unit of work the areas of focus within lessons are:<ul style="list-style-type: none">• Jump in from poolside safely without support (Pencil jump)• Submerge face in water & retrieve objects• Floating front & back without support hold for 3s• Push & Glide on front arms extended for 10m• Push & Glide on back arms extended for 10m• Travel on front using floating device• Travel on back using floating device• Fully submerge & retrieve objects• Correctly identify 3 of the four key water safety messages<ul style="list-style-type: none">• Always swim in a safe place• Always swim with an adult• If you fall in, float, breath, relax• If someone else in trouble call for help	<ul style="list-style-type: none">• Body position• Breathing• Inhale• Exhale• Dive• Bubbles• Kicking• Floating