

Year 3: Physical Education

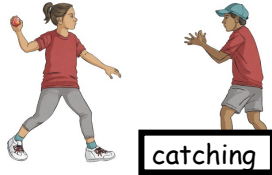
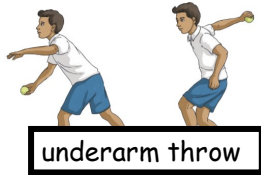
Warm Up

Running around helps us to build up stamina, so it is important that we warm up properly. In gymnastics, we need to stretch before and after exercising to make sure that we build up strength and flexibility.

Games: Touch Ball

You will learn how to:

- send and receive a ball
- use your hands, feet, a bat or a racquet to aim at a target, space or team mate
- decide on tactics to outwit an opponent
- practise attack and defence



Vocabulary

control	to be in charge of
intercept	to stop something getting past
mile	a length or distance, equal to 1.6km
positions	attacker or defender
possession	keeping hold of the ball
receiving	catching or getting the ball
selecting	choosing something or someone
sending	throwing/kicking the ball away
space	an open area
stamina	being able to do something for a long time without getting tired
tactics	an action or decision to meet an aim

You can use throwing, kicking, or a bat/racquet to aim the ball.



Think about where you want the ball to go, and aim with control.

When you **attack**, you will try and get the ball past your opponents to the target.

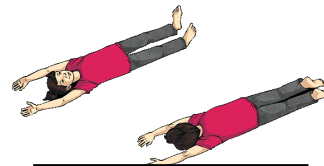
When you **defend**, you will try to stop your opponents getting to the target.

Creating habits, such as walking or cycling to school every day, a daily mile or other every day exercises, will keep your mind healthy. Having positive mental health will reflect in your physical health.

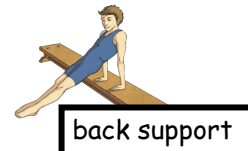
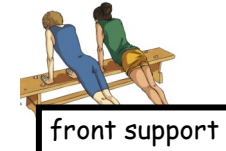
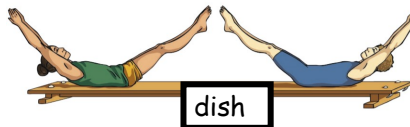
Gymnastics: Partner Work

You will:

- use your upper body strength by taking weight on your hands and feet
- travel with a partner by moving away and together on the floor and apparatus
- mirror and match your partner
- travel in different pathways
- travel at different speeds



When you move, think about where you are moving to, and how fast or slow you go.



Vocabulary

accuracy	doing something correctly
apparatus	the equipment used, for example, a bench or mat
clarity	clear, easy to see or notice
direction	which way you move or turn
fluency	move smoothly from one position to another
level	how high or low you move
matching	being or doing the same
mental wellbeing	your thoughts, feelings and emotions
mirroring	copying someone exactly
performing	doing something in front of an audience
quality	how good or bad something is
routines	a set of actions done repeatedly
sequence	a set of actions
theme	the subject or topic