Year 3: Physical Education

Warm Up

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

Games: Run the Loop

You will learn how to:

fairness

fielder

fluently

position

space

strike

vary

techniques

intercepting

- have the skills to be a hitter, fielder and bowler.
- hit the ball hard and into a space.
- run fluently between bases.
- know the changes in your body during and after exercise.
- use different throwing techniques.



Vocabulary

injustice.

catch the ball. To do something

ball during an attempted pass.

on a team

Methods of

performance.

To change or alter.

apart.

striking

To be free from bias or

A player who tries to

relatively rapidly with few or no errors.

To take possession of a

To play a particular role

To be set some distance

To hit a ball with force.





















Dance: Round the Clock

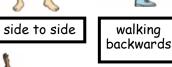
You will:

- demonstrate different clock dance actions travel, turn. gesture, jump and stillness.
- show co-ordination, control and strength.
- change the speed of your movements, then add a turn and a jump to your movement phrase.
- copy, repeat and remember your movements.
- demonstrate different relationships mirroring, unison, canon, complementary and contrasting.
- compare and comment on your own and others' work.



marRC











skipping



side step

positive

effects



	vocabulal y	
	composing	To make or form by combining things.
	control	To use power to direct something.
	dance phrases	To dance in order.
	expressively	To make meaningful movements.
	fluency	To create smooth dance movements.
	lead	To ask others to follow in the same direction.
	original	To be inventive and

Creating habits, such as walking or cycling to school every day, completing a original daily mile or other every day exercises, will keep your mind and body healthy. Having positive mental health will reflect in your physical health. Remember to make healthy choices and get plenty of sleep.



confidence.

create something first.

To create a feeling of