

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:

- 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.



striking



fielding



hand-eye coordination



accuracy



bowler



fielder



stopper



batter

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.



spin



stillness



side to side



walking backwards



skipping



jump



leap



marRC



side step

Vocabulary

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 create something first.
positive effects	To create a feeling of confidence.

Vocabulary	
fairness	To be free from bias or injustice.
fielder	A player who tries to catch the ball.
fluently	To do something relatively rapidly with few or no errors.
intercepting	To take possession of a ball during an attempted pass.
position	To play a particular role on a team.
space	To be set some distance apart.
strike	To hit a ball with force.
techniques	Methods of performance.
vary	To change or alter.

Creating habits, such as walking or cycling to school every day, completing a 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.