

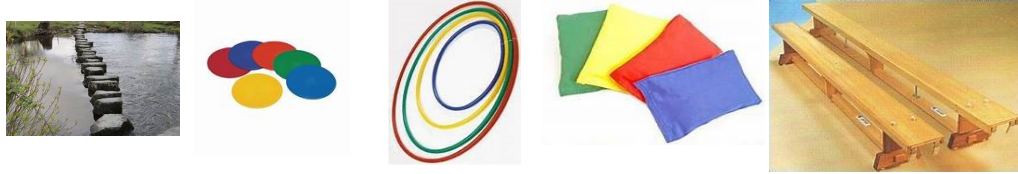
Year 3: Physical Education

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.

Outdoor and Adventure: Safely Across

Working together, you must get the whole team and the equipment safely across the river or swamp, and avoid anyone falling in. Equipment you will need:



Use the equipment to act as stepping stones to get you to the other side.



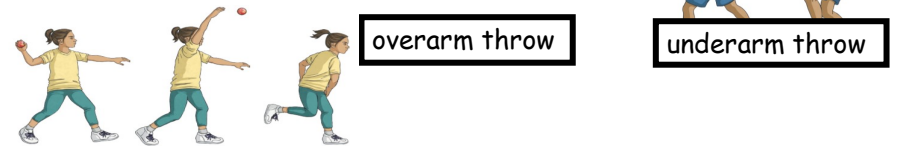
Athletics: Off Up and Away

This is divided into three parts to include; travelling, jumping and throwing. Equipment you will need:



Part 1: To travel in different ways, e.g., running, walking, hopping and skipping.
How fast can you move beanbags from one hoop to another?
How many cones can you touch in 30 seconds?

Part 2: To throw in different ways, e.g., underarm, overarm, pushing, rolling and sliding.
Can you throw further than you can run in 3 seconds?
Can you throw a beanbag into the middle of a hoop?
Can you bounce the ball up to a target on the wall?



overarm throw

underarm throw

Part 3: To jump in different ways, e.g., 2 feet to 2 feet, 2 feet to 1 foot, 1 foot to 2 feet, 1 foot to the same foot and 1 foot to the opposite foot.
Can you skip without stopping for 20 seconds?
Can you jump across a space e.g., the width of the hall in less than 5 jumps?

Vocabulary

communication	Speaking and listening to others.
responsibility	To take ownership of the team and help achieve goals.
review	To see what is working and what needs to be changed.
safety	To be protected from harm or danger.

- To be successful you will need to:**
- plan your ideas together;
 - change your ideas if they are not working;
 - place your equipment at appropriate distances;
 - recognise how to keep yourself and others safe;
 - follow rules.

Everyday people need to make important choices that can affect their physical and mental health. We need to make sure that we get plenty of exercise, sleep, rest and fresh air. What could support you to make healthy choices?
If you are worried about your health talk to an adult at home or at school.

Vocabulary

aim	To choose the place you want to hit or reach.
catch	To position your hands to catch the ball.
direction	To move forwards, backwards or sideways.
drop	When you make an error and the equipment falls.
safely	Not putting anyone else in danger.