



PE Topic Journey Overview Y3

Y3 PE Topic: Games

PE Topic: Y3 Football

<p>Lesson 1</p> <p>Key Skills: Individual Ball control, push pass</p> <p>Warm-up: All players with a ball, play Simon says using various football skills</p> <p>Activities: 1)Introduce push pass with focus on bent knee and push with the side of the foot. 2) Pass ball to partner through channel</p> <p>Conditioned game: Pass the ball round the clock(whole group)</p> <p>Outcomes: accuracy of pass, control of ball</p>	<p>Lesson 2</p> <p>Key Skills: control ball with side of both feet</p> <p>Warm-up: stuck in football mud</p> <p>Activities: skill practice rolling ball to partner to control with side of foot; encourage use of both sides of foot.</p> <p>Conditioned game: In small groups pass the ball around the group. Can everyone touch the ball in a minute ?</p> <p>Outcomes: control, relax and cushion the ball</p>	<p>Lesson 3</p> <p>Key Skills: Dribbling with the ball</p> <p>Warm-up: Call out numbers, children get into groups of that number, on 2, go through partners legs</p> <p>Activities: Ball between 2, 1s dribble as 2s jog around area, swap, 1s dribble through 2s legs, swap</p> <p>Conditioned Game: 4v4, Team A dribble around square, Team B dribble to each other in straight lines</p> <p>Outcomes: Improved quality of dribbling, controlled touch</p>
<p>Lesson 4</p> <p>Key Skills: To learn about movement without the ball</p> <p>Warm-up: Sprinting cone react</p> <p>Activities: In groups, pass ball to each other but run back 5 paces, then forward 5 paces after pass/Pass and move to empty cone</p> <p>Conditioned game: crab football, use 2 balls</p> <p>Outcomes: Children to learn importance of moving after passing the ball</p>	<p>Lesson 5</p> <p>Key Skills: To introduce heading of the ball (soft balls for less confident)</p> <p>Warm-up: Children jog in groups around poles. On whistle, player at back sprints to front, running in and out of team mates.</p> <p>Activities: In 3s with one ball, pass and move around area.</p> <p>Demonstrate throw, head, catch, develop into throw, head,head,catch for those that are confident.</p> <p>Conditioned game: Small sided game inside grid, no gk, small goal</p> <p>Outcomes: Confidence to head the ball</p>	<p>Lesson 6</p> <p>Key Skills: To introduce goalkeeping skills</p> <p>Warm-up: Fig of 8 circuit with jog, sidestep, backwards, knees high</p> <p>Activities: Rolling and scooping to each other, pass and scoop, A seated, throw to B</p> <p>Conditioned game: 4 small sided games each team defending 2 goals with gk in each</p> <p>Outcomes: To see children demonstrating goalkeeper skills such as catching the ball and pulling into chest</p>
<p>Resources: Cones, Footballs, range of softer balls, poles, bibs</p>	<p>After school club:</p> <p>Pro-skills soccer all year</p> <p>Girls football club: Autumn Term</p>	<p>Out of school links:</p> <p>Links to local football clubs including Maghull FC youth teams</p>

PE Topic: Y3 Netball

<p>Lesson 1 Key Skills: To become familiar with the ball, introduce chest pass. Warm-up: Follow leader around area, passing the ball stretches Activities: Individual ball work: throw, catch, bounce and catch. Move to working with partner. Teach chest pass to incorporate either no bounce or one bounce Small sided game: Try to make 5 successive passes. Outcomes: Increasingly accurate use of chest pass.</p>	<p>Lesson 2 Key Skills: To react quickly to retrieve the ball Warm-up: Children with a ball each roll it around their body, both directions Activities: 1) Recap on using the chest pass to pass the ball, practice in pairs/threes. 2) In pairs, one player copies the activity of the other with a ball, play bounce ball where object is to make the ball drop twice in a small area (2m x 2m) marked out by cones Outcomes: Improved catching/retrieving of the ball</p>	<p>Lesson 3 Key Skills: To practice retrieving/catching the ball Warm-up: Stuck in mud chasing game. Players who are caught to be freed by receiving a chest pass. They then become the players who can free others. Activities: Children with ball each practising high catch/low catch/spin and catch. In pairs, children roll ball to each other, move positions, develop into throw and catch. Play line game in 4 groups where children pass or roll ball from one to other in a line before running length of pitch Small sided game: groups of 4 or 5 keeping ball off one player. Outcomes: Improved teamwork and co-operation</p>
<p>Lesson 4 Key Skills: Improved passing in game situation and when under pressure. Warm-up: Space spots: Children to place their spot, then travel around space in different before returning to their spot when called Activities: In pairs, children roll the ball for partner to pursue. Partner picks up ball and returns with a chest pass. Players to then retrieve ball with different parts of body eg. Head, sit on ball Small sided game: Keep ball. In groups of 7/8, keeping the ball from 1/2 players by passing, Emphasise moving without the ball. Outcomes: Children to pass accurately when under game pressure.</p>	<p>Lesson 5 Key Skills: To learn correct shooting technique Warm-up : Children in 2s with a ball. Practice rolling, chest pass, bounce pass with constant moving without the ball. Activities: Teach shooting technique, individuals with ball, straight knees, straight arms. Practice firstly by shooting the ball into the air, then introduce target. Children to play their own shooting competition in groups. Change position shooting from. Small sided game: played into one hoop. On change of possession, start from same point. Outcomes: Correct shooting technique with improving accuracy.</p>	<p>Lesson 6 Key Skills: To incorporate some of skills learned into games and activities Warm-up : All balls in centre hoops. Groups to get ball from middle and return it to their own hoop by passing to team mates. Groups then can steal, but only from the furthest away corners. Any dropped ball must be returned to where it started. Activities: In pairs, play 1 bounce; arms extended, drop ball to be caught by partner after 1 bounce. Split class into 4 teams. Play 2 games with usual netball rules. Restrict half of a teams players to one half of pitch only : attack or defence. Change positions halfway through game. Outcomes: Improved confidence when catching and passing the ball. Movement without the ball.</p>
<p>Resources: Netballs, handballs, softer balls, bibs, cones</p>	<p>After school club : Y3 Netball club(spring term)</p>	

PE Topic: Y3 Tag Rugby

<p>Lesson 1 Key Skills: Handling the rugby ball Warm-up: Steal the ball from balls in centre, then from each group Activities: Children to run with a rugby ball, on whistle give to another player, emphasise running with the ball in 2 hands. Progress into passing the ball to another player. Conditioned games: 4 v 4 Players have to run with the ball until tagged, player must stop then give the ball to another on their team. Object is to cross opponents line, if ball dropped, other team get the ball. No insistence at this stage of ball going backwards Outcomes: Children running with the ball while holding it in 2 hands</p>	<p>Lesson 2 Key Skills: To introduce passing of the rugby ball Warm-up: Stuck in the mud game where players are tagged and then freed by having a rugby ball placed into their hands. Activities: Introduce passing of a rugby ball, emphasis on hands under the ball to throw to make catching easier. Practice in pairs and 3s Small sided games : Pass ball around circle while one child runs and attempts to get back to own place in circle before the ball. Outcomes: Children to show correct passing technique</p>	<p>Lesson 3 Key Skills: To combine running and passing the ball Warm-up : Stuck in the mud game developed from previous week where players are tagged and then freed by having a rugby ball passed into their hands. Activities: Recap on passing of the rugby ball. Introduce running with the ball before passing it to another player. Practice in 2s/3s Conditioned games : Play 4 v 4 game where children attempt to keep ball for 10 tags/passes to score a point. If ball is dropped, ball is given to other team Outcomes: Children to receive the ball and run with it before passing accurately</p>
<p>Lesson 4 Key Skills: To use tags as part of rugby based activity Warm-up: Children to wear belts; each house group to take turns being the chasers. Activities: In four groups, two players in each group start with a rugby ball and run around in their designated area until both their tags are removed by other players. Other players to have turns with the ball. Emphasise keeping the ball in two hands, ready for the pass. Outcomes: Children to show that they can dodge, evade taggers and that taggers can take tags from others.</p>	<p>Lesson 5 Key Skills: To develop passing skills and moving after the pass. Warm-up : Tails activity; whole group chases each other and collect tags. After set time, count how many collected for 1 point each, 5 points for each tag still on. Activities: Catch up passing, 4/5 players in square/circle pass the ball to adjacent player, then run up to and around them before running back to their own place before ball is passed back to them once it has gone around the whole group. Small sided game : Play 4 approx 4v4 games where object is to cross the opponents line. When tagged, players must pass ball backwards only. Outcomes: Children to show pass and move in main activity and game.</p>	<p>Lesson 6 Key Skills: To teach that the ball cannot be passed forward Warm-up: Octopus; group of 8 all with a ball to chase others as they run from one side to the other. Touch with a ball to tag. Those caught then become tentacles who can reach out and tag others but feet must remain stuck to ground. Activities: In groups of 4/5, children to advance from one side of playing area to the other. All players to stay behind the ball carrier who turns and passes on the whistle. Small-sided game: Play 4 approx 4v4 games where object is to cross the opponents line. When tagged, players must pass ball backwards only. Outcomes: Children to show an understanding that the ball can only be passed backwards in a game.</p>
<p>Resources: rugby balls, cones, poles, bibs, tag rugby belts</p>	<p>After school club : Y3 Tag rugby ASC spring term</p>	

PE Topic: Y3 Handball/Hockey

Lesson 1
Key Skills: To introduce control and dribbling of the hockey stick and ball
Warm-up: Introduce children to hockey stick and show how to hold it for control. Emphasise safety when playing. Each pupil with hockey stick, no ball keeping stick near ground in and out of cones
Activities: 1) All children with hockey stick and ball dribble ball around area, Focus on using flat side of stick and eye on the ball.
2) Set out cones in pairs, Children to dribble hockey ball to different parts of area as called out by leader.
Outcomes: Children to dribble hockey ball with control

Lesson 2
Key Skills: To introduce passing of the hockey ball
Warm-up : In groups of approx 8. All players except 1 with a ball. Player who is without ball attempts to get a touch on the other players ball with their hockey stick. Swap roles
Activities: 1) introduce passing of the ball. Show that it is a pushing action, not a hit. In pairs or threes, children push pass the ball to each other, stopping the ball after each pass before returning it.
2) In groups of approx 8, children form a circle with one child in the middle. Player in the middle passes the ball 'around the clock' to every other player. Swap player in middle.
Outcomes: Children to begin to pass the ball accurately

Lesson 3
Key Skills: To score a goal by hitting the ball into a target area.
Warm-up : Collection of hockey balls in central area. 4 groups of approx 8 spaced around the edge. One at a time from each group run to the middle and collect a ball with their stick and return to their own collection area. When all balls gone, steal from other groups.
Activities: 1) In pairs, each child sets a goal in front of them with 2 cones. Children aim to hit the ball through their partners cones to score a 'goal'. Explain that a hit has a short backlift for control. Increase distance apart or move cones closer together to increase the challenge.2) groups of 4; children set up a dribble to be followed by a shot between 2 cones. No goalkeepers. Team challenge; how many goals can be scored in a minute.
Outcomes: Children to be able to shoot the ball into a goal with a short backlift

Lesson 4
Key Skills: To pass a handball.
Warm-up: Relay game: 4 groups of approx 8. Player at front rolls the ball through all team mates legs to player at back of line. Player at back runs in and out of line to get to front of line and process starts again
Activities: 1) Teach children how to pass the handball using one hand if possible, 2 hands for those that cant. In pairs or 3s, children pass the ball to each other with one bounce between passes. Aim to bounce the ball in the middle.
2) In groups of 8, one player in middle of circle, ball is passed to the middle and then around the clock. Swap player in middle
3) Small-side games of approx 4v4. play 3 pass: Each team has to make 3 passes to score a point.
Outcomes: Children to be able to pass the handball.

Lesson 5
Key Skills: To bounce the handball
Warm-up: Relay game: 4 groups of approx 8. Player at front rolls the ball through all team mates legs to player at back of line. Player at back instructs team to lie down and jumps over them all to get to front of line and process starts again
Activities: 1) Tell children that bouncing the ball is allowed in handball. In pairs or 3s, children bounce the ball twice and then pass to partner who does the same.
2) Small sided game: approx 4v4 playing team pass but each time a player gets the ball they must bounce it twice with one hand before passing.
Outcomes: Children to be able to do a one-handed bounce of the handball.

Lesson 6
Key Skills: To shoot the handball towards a target.
Warm-up: 4 groups of approx 8. Relay where 1st player dribbles to line before turning and passing to next player in line. 1st player then runs to back of line
Activities: 1) Groups of approx 4 set up a low height goal. In turn, players shoot at the goal, scoring points for every goal.
2) Small-sided games: Play targetball. Set up 4 games of approx 4 v 4. Small pitch with 5 traffic cones at each end as targets. Players take it in turn to shoot at the targets. Players can defend the targets but there will always be one target free.
Outcomes: Children to be able to shoot the ball at a target.

Resources: Hockey sticks, hockey balls, plastic hockey sticks, tennis balls, cones, bibs, handballs, netballs

PE Topic: Y3 Cricket

<p>Lesson 1</p> <p>Key Skills: Fielding skills, throwing and catching</p> <p>Warm-up: 4 groups of approx 8; children jog around area, introduce 2 balls which are thrown around between children. 5 star jumps if ball is dropped</p> <p>Activities: 1) All children with a ball, throw into the air and catch, try to clap between catches. Emphasise eyes on the ball and making hands big to catch the ball 2) Move to pairs, throw and catch, look for 10 in a row</p> <p>3) Catching caterpillar: groups of approx 8, 4 facing 4 about 2m apart, throw and catch the ball, thrower moves down to end of line</p> <p>Outcomes: Improved catching skills, focus keeping eye on the ball.</p>	<p>Lesson 2</p> <p>Key Skills: Fielding skills, throwing the ball to another player</p> <p>Warm-up: Dodgeball; 6 soft cricket balls or tennis balls in play for whoever gets them. Roll the ball to try and hit other players under the knee. If hit, player does 5 star jumps. Only 1 attempt allowed before another player gets the ball.</p> <p>Activities: 1) In groups of 3/4 with one ball and wickets; one player(wicketkeeper) stands at the wickets and rolls the ball out to each of the other players in turn. They pick ball up and return to player one. Emphasise a good accurate throw into the wicketkeepers hands. Rotate positions</p> <p>2) 4 games of approx 4v4; cone at each end of pitch surrounded by roped off area which nobody is allowed in. Aim is to hit the cone with an underarm throw. Ball is passed or rolled amongst the team, no moving with the ball.</p> <p>Outcomes: Good catching and accurate throwing</p>	<p>Lesson 3</p> <p>Key Skills: To bowl a cricket ball with correct technique</p> <p>Warm-up: Stuck in mud game. 6 chasers, 6 with ball to free. Ball must be thrown for a catch by the captured player. Ball must be caught for them to be free. Freed player keeps the ball to free others.</p> <p>Activities: 1) Recap on difference between bowling and throwing (straight arm). Remind of star shape. All children with ball and bowl against fence to practice</p> <p>2) 4 groups of approx 8 with wickets and cone to start from, one wicketkeeper, in turn, players bowl at the wickets, then become the wicketkeeper, introduce point scoring</p> <p>Outcomes: Correct bowling technique demonstrated by majority of children.</p>
<p>Lesson 4</p> <p>Key Skills: To improve accuracy of overarm bowling</p> <p>Warm-up: 4 lines of 8 with each player approx 4m apart. Ball starts with first player and is thrown to player 2, then onto 3 etc. When it reaches player 8, throw back down the line to player 1</p> <p>Activities: 1) 4 groups of approx 8 with wickets and cone to start from, one wicketkeeper, in turn, players bowl at the wickets, then become the wicketkeeper. Remove a stump when the wickets are hit. First group to remove all three stumps wins 2) Introduce two poles to be placed on ground 1m and 2m in front of wickets. Aim is to land the ball inbetween the 2 poles</p> <p>Outcomes: Improved accuracy of bowling</p>	<p>Lesson 5</p> <p>Key Skills: To strike the ball into a target area</p> <p>Warm-up: Yes, No, Wait: All children to carry a bat or tennis racket. Yes means run from one line to another, No means don't, Wait means wait for yes or no to follow</p> <p>Activities: 1) In groups of 3/4 with bat, ball, batting tee, and cones. Cones set out in pairs. Players strike ball between cones. Others retrieve. 3 goes each then rotate.</p> <p>2) In same groups, fielders spread out and batter hits ball into a space. Batter then runs between cones, scoring runs until the fielders have retrieved the ball and thrown it between them to stop the running</p> <p>Outcomes: Improved striking of the ball, fielding and teamwork skills.</p>	<p>Lesson 6</p> <p>Key Skills: To strike a moving ball</p> <p>Warm-up: Dodgeball; 6 soft cricket balls or tennis balls in play for whoever gets them. Roll the ball to try and hit other players under the knee. If hit, player does 5 star jumps. Only 1 attempt allowed before another player gets the ball.</p> <p>Activities: 1) In groups of 4/5, ball is fed with underarm throw for striker who attempts to hit the ball. Others to retrieve the ball. 3 attempts then rotate.</p> <p>2) In 4 groups of approx 8, play non-stop cricket. One batter, one bowler who feeds underarm. Batter must run whether ball is hit or not. Fielders retrieve ball and return it to bowler who bowls even if batter is not ready. Batters must retire if they score 10 runs</p> <p>Outcomes: Children become better at striking a moving ball, better teamwork from fielders</p>
<p>Resources: kwik cricket bats, balls, wickets, cones, traffic cones, ropes</p>	<p>After school club Y3 cricket ASC (summer term)</p>	<p>Out of school links: Maghull Cricket Club junior training</p>

PE Topic: Y3 Tennis

<p>Lesson 1</p> <p>Key Skills: To develop the forehand shot.</p> <p>Warm-up: Jogging around outside of playing area, changing direction on command.</p> <p>Activities: 1) Throw to throw; children make small court approx 5m x 2m with 4 cones and traffic cone in middle for net height, underarm throw over net to land in court, partner must catch after 1 bounce, Count how many without dropping 2) Using same small court, one player to pick up racket (back to fence player for safety) Ball is fed to forehand side by partner and is hit back to land in court to be caught by feeder. 5 goes each before swapping roles.</p> <p>Outcomes: Increasing accuracy and control of forehand shots,</p>	<p>Lesson 2</p> <p>Key Skills: To introduce a backhand shot</p> <p>Warm-up: Sidestepping around the outside of the court while carrying a tennis racket, changing direction on command. No overtaking.</p> <p>Activities: Recap on difference between backhand and forehand shots. Explain that backhand can be a 1 or 2 handed shot. 1) Rolling rally in pairs where ball is pushed along the ground using the backhand side of the tennis racket. On small court approx 5 2) Using small court approx 5m x 2m with cones and traffic cone in middle for net height, one player to pick up racket (back to fence player for safety) Ball is fed to backhand side by partner and is hit back to land in court to be caught by feeder. 5 goes each before swapping roles.</p> <p>Outcomes: to be able to play a backhand shot and realise when and why it needs to be played</p>	<p>Lesson 3</p> <p>Key Skills: To practice combinations of forehand and backhand shots</p> <p>Warm-up: All children with a ball. Sidestepping around outside of court but with a ball to bounce while sidestepping. Change direction on command.</p> <p>Activities: 1) Small court approx 5m x 2m marked by cones with traffic cone for net height. Feeder throws alternatively to forehand and backhand for hitter to return into court for a bounce and catch. 6 goes each then swap. 2) As above but feeder throws randomly to different sides for hitter to react to. 3) Change pairs around so that children have different partners to work with.</p> <p>Outcomes: Children to be able to change between forehand and backhand shots depending where the ball is.</p>
<p>Lesson 4</p> <p>Key Skills: To volley on the forehand side</p> <p>Warm-up: Egg and spoon type relay. 4 teams of approx 8 in a line all with rackets. First player walks/runs around cone with ball balanced on racket, then transfers to next player etc.</p> <p>Activities: 1) In pairs, children throw the ball to each other to be caught in a position where they would usually volley the ball 2) Instead of catching, one player opens their palm and plays a volley back with their hand. 3) Progress onto one player using a racket to volley the ball back with control for a catch. 5 goes each then swap. Play with different partner.</p> <p>Outcomes: Children start to be able to play a controlled volley on the forehand side</p>	<p>Lesson 5</p> <p>Key Skills: To serve the ball at the start of the game</p> <p>Warm-up: Knockout. All players with a ball balanced on their racket. Move around area and attempt to nudge others with spare hand to try and make opponents ball fall.</p> <p>Activities: 1) Small court approx 5m x 2m marked by cones with traffic cone for net height. Player with the racket is the feeder and drops the ball onto their racket to serve the ball into play. If too difficult, shot can be played after the first bounce of the ball. Ball needs to land in play 2) Play game where each player has 5 serves and scores a point if the ball goes over the net and lands in play. Swap pairs so children can challenge others in the serving game.</p> <p>Outcomes: Children to be able to serve the ball into play to start a game.</p>	<p>Lesson 6</p> <p>Key Skills: To apply skills learned to playing mini-tennis matches in a tournament</p> <p>Warm-up: Playing area set out for tournament. In warm-up children in pairs run with a ball to one of the courts, underarm throw over the net to their partner who then moves to another court.</p> <p>Activities: Set up as many mini-courts as space permits taking account of safety. Courts to be made from cones with traffic cones as nets (8 would be ideal as it allows children to play all of the time) Children in pairs or threes. Each game is played up to 5 points and starts with a serve from behind the base line. Disputed points should be re-played. Frequent changes of opponents. Encourage fair play and sporting behaviour with the traditional handshake after the game.</p> <p>Outcomes: Children to demonstrate a range of skills that they have learned and play competitively and fairly</p>
<p>Resources: Slo-coach tennis balls, larger foam balls (easier) Tennis rackets (1 each), marker cones, traffic cones, tennis nets</p>		