

Corpus Christi Catholic Primary
Year 3
PE Curriculum Overview



	Autumn Topic	Spring Topic	Summer Topic
Topic	<p>1. Dribbling to Invade (Invasion) Dribbling and attacking</p> <p>Sports – Hockey and football</p> <p>2. Jumping ‘Splashing Rivers’ Jumping and landing</p> <p>Sports – Gymnastics</p>	<p>1. Passing for Possession Spatial awareness and Passing</p> <p>Sports – Basketball and football</p> <p>2. Over the Net (Net Games) Rules, serving and returning</p> <p>Sports – Tennis, badminton and volleyball</p>	<p>1. Being an Athlete (Athletics) Throwing and rotation</p> <p>Sports – Various athletics</p> <p>2. Striking and Exploring (Strike and Field) Varying speed and direction</p> <p>Sports – Tennis, rounders and cricket</p>
Key Skills	<p>1. Practice holding the hockey stick in the correct way as well as locating space within an area. Develop the skill of dribbling by controlling the ball as they travel, turning when required to do so with developing fluency. Locate space within a pitch or area unprompted. Dribble with control and some accuracy when travelling with the ball, keeping it close to feet at all times. Use their stick and body position in order to keep possession of the ball whilst dribbling. Find space by scanning and locating before moving towards it. Keep possession whilst dribbling in order to evade a tackler or defender.</p> <p>2. Jump and land off one foot as well as explore creative movement throughout a space travelling as a river may. Perform three jumps; star, straight and tuck as</p>	<p>1. Pass a ball into a space with varying speed. Pass a ball accurately and with speed towards a set target. Catch a variety of differently shaped balls more consistently. Pass a ball using their more dominant foot where necessary. demonstrate Leadership qualities when taking part within a small group activity. Pass a ball with both hands and feet as well as attempting to use their weaker side to pass a ball with correct and appropriate technique. Aim and follow through when passing a ball.</p> <p>2. Strike the ball underarm, varying their power to improve accuracy. Attempt the forehand stroke technique, beginning to adopt the correct body position and stance.</p>	<p>1. Throw a shot put (beanbag) using all four steps: (see images) from facing away to following through as well as consolidate various throwing techniques. Approach a javelin throw correctly - side stepping towards the throwing line and linking up their actual throw fluently. Pass a relay baton through one of the three main methods, focusing on continued travel when passing. Throw with developing confidence when attempting the rotation technique for shot put. Perfect passing & receiving the baton within a small group.</p> <p>2. Show some degree of confidence when striking a ball in terms of correct stance and ability to contact the ball or object.</p>

	<p>well as hold a clear and strong shape whilst jumping. Take off and land in a variety of ways focusing on control when doing so as well as attempting to incorporate all five jumps into a routine.</p> <p>Land safely and with control with both feet together. Holding their basic shapes in the air with strength and control.</p> <p>Change in direction whilst jumping over and from different pieces of apparatus.</p> <p>Landing with soft hips and knees safely.</p> <p>Outstretch arms to the sky whilst jumping.</p> <p>Demonstrate correct 'take off' and 'landing' technique safely and with control.</p>	<p>Attempting to 'step into' the stroke to generate power.</p> <p>Attempt to serve both a shuttlecock and volleyball with developing ability.</p> <p>Hit a ball with some degree of accuracy using both the underarm and forehand strokes, focusing on racket positioning throughout.</p> <p>Strike both the volleyball and shuttlecock forwards and upwards, using varying degrees of power to achieve set distances.</p> <p>Follow through when serving in both tennis and badminton, thinking about technique before they strike the object.</p>	<p>Begin to strike a ball 'cleanly' with some degree of control and accuracy with a focus on increasing and decreasing power when necessary.</p> <p>Perfect the basic skills of travelling, passing and receiving through mini games.</p> <p>Assess before striking, how much power is needed in order to successfully hit a given area of set target.</p> <p>Strike a ball accurately towards an area or small target increasing or decreasing power when necessary.</p>
Key Vocabulary	<p>1. Locate space, dribble, travel, body position, scanning and possession.</p> <p>2. Jump, land, star jump, straight jump, tuck jump, control and technique.</p>	<p>1. Accuracy, catch, dominant foot, non-dominant foot, technique, aim and follow through.</p> <p>2. Accuracy, forehand, technique, serve, speed, forewords and distance.</p>	<p>1. Shot put, javelin throw, technique, side stepping, baton, and rotation.</p> <p>2. Travelling, passing, receiving, power, accurately, and performance.</p>
Possible misconceptions	<p>1. Misunderstanding the correct technique when holding the hockey stick.</p> <p>Standing next to a friend instead of locating space within a pitch.</p> <p>Using only one side of the hockey stick.</p> <p>2. Landing on one foot instead of two.</p> <p>Misunderstanding of the different types of jumps.</p>	<p>1. Misunderstanding dominant and non-dominant foot/hand.</p> <p>Kick/pass as hard as possible instead of with accuracy.</p> <p>To not follow through when passing a ball.</p> <p>2. Hitting the ball as hard as they can instead of with accuracy and control.</p> <p>Hitting a ball without adopting the correct side on technique/position.</p> <p>Not following through when striking a ball.</p>	<p>1. Misunderstanding the correct technique for throwing a shot put.</p> <p>Not approaching the javelin throw using the side-stepping technique.</p> <p>2. Misunderstanding the correct stance when striking a ball.</p> <p>Hitting the ball as hard as possible in all situations.</p>