

Medium Term Plan – PE - Year 3 Autumn 1 Coordination (Footwork) and Static balance (one leg)

Length of unit - 6 Sessions

	Knowledge		Vocabulary	Learning Sequence (See REAL PE platform)
	Declarative To know how to:	Procedural		
Pre-learning	Lessons 1-3 (Coordination)	Lessons 1-3	Lessons 1-3	Warm up (remote control) PB challenge (matching pairs) Skill (Footwork) Review method (time shares)
Combine side-steps with 180° front pivots off either foot.	Hopscotch forwards and backwards, alternating hopping leg each time.	Keep head up and back straight.	alternating	Warm up (remote control) Skill (Footwork) Skill application (Footwork follow the leader) Review method (time shares)
Combine side-steps with 180° reverse pivots off either foot.	Move in a 3-step zigzag pattern forwards with:	Work off balls of feet and increase speed when ready.	pattern	
Skip with knee and opposite elbow at 90° angle.	balance and control throughout.	Bend knees and use arms to help you balance.	3step speed	
Hopscotch forwards and backwards, hopping on the same leg (right and left) with:	fluent and smooth movements.	Lessons 4-6	zigzag	Warm up (remote control) Skill (Footwork) PB challenge (matching pairs) Review method (time shares)
	movements performed in both directions/on both sides.	Look forward and imagine a focus point.	increase	
balance and control throughout.	Lessons 4-6 (Static balance)	Use your arms to help you balance.	Lessons 4-6	Warm up (Shadow play) PB challenge (Balloon balance) Skill (One leg) Review method (time shares)
fluent, smooth movements.	Receive a small force from various angles.	Keep your tummy (core muscles) tight and back straight.	Focus	
movements performed in both directions/on both sides.	Raise alternate feet 5 time with:		Point	Warm up (Shadow play) Skill (One leg) Skill application (Mirror challenge – 1 leg) Review method (time shares)
On both legs:	minimum wobble (control).		support (with and without)	
Stand still for 30 seconds.	smooth, controlled movements.		static	Warm up (Shadow play) Skill (One leg) PB challenge (Balloon balance) Review method (time shares)
Complete 5 mini-squats with:	non-standing foot off the floor.		improve	
minimum wobble (control).			heel raises	
standing foot still.			practise	
non-standing foot off the floor.			feedback	

Medium Term Plan – PE - Year 3 Autumn 2 Dynamic agility (jumping and landing) and static balance (seated)

Length of unit - 6 Sessions

	Knowledge		Vocabulary	Learning Sequence (See REAL PE platform)
	Declarative To know how to:	Procedural		
Pre-learning	Lessons 1-3 (Dynamic agility)	Lessons 1-3	Lessons 1-3	Warm up (Alphaball soup) PB challenge (Develop jumping combinations) Skill (jumping and landing) Review method (Roles on a bus)
Jump from 2 feet to 2 feet with quarter turn in both directions.	Jump from 2 feet to 2 feet with 180° turn in either direction.	Swing arms to help gain height and use them to help balance on landing. Keep head up on landing.	straight dynamic balls of feet	
Stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot) with:	Complete a tucked jump with: good take off and height.	Bend knees on landing.	momentum	Warm up (Alphaball soup) Skill (jumping and landing) Skill application (follow the leader) Review method (Roles on a bus)
good take off and height.	balance and control on landing.	Lessons 4-6	Lessons 4-6	Warm up (Alphaball soup) Skill (jumping and landing) PB challenge (Develop jumping combinations) Review method (Roles on a bus)
balance and control on landing.	soft landings.	Keep tummy tight (core muscles) and back straight.	dish straight	
soft landings.	Lessons 4-6 (static balance)	Use arms to help maintain balance.	shape	Warm up (Dice frenzy) PB challenge (Exchange objects) Skill (Seated) Review method (Roles on a bus)
Pick up a cone from one side, swap hands and place it on the other side.	Pick up a cone from one side and place it on the other side with same hand.	Keep head up and breathe throughout.	hold	Warm up (Dice frenzy) Skill (Seated) Skill application (exchange objects in 4's) Review method (Roles on a bus)
Return the cone to the opposite side with:	Return cone to the opposite side using the other hand with:			
feet and hands off the floor throughout.				
minimum wobble.				
balance held without strain.				

	feet and hands off the floor throughout. minimum wobble. balance held without strain.			Warm up (Dice frenzy) Skill (Seated) PB challenge (Exchange objects) Review method (Roles on a bus)
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Medium Term Plan – PE - Year 3 Spring 1 Dynamic balance (on a line) coordination (ball skills)

Length of unit - 6 Sessions

	Knowledge		Vocabulary	Learning Sequence (See REAL PE platform)
	Declarative To know how to:	Procedural		
Pre-learning	Lessons 1-3 (Dynamic balance)	Lessons 1-3	Lessons 1-3	Warm up (ball control) PB challenge (3 limb race) Skill (on a line) Review method (questions carousel)
Walk fluidly, lifting knees to 90°.	March, lifting knees and elbows up to a 90° angle.	Keep tummy (core muscles) tight and back straight.	marching action	
Walk fluidly, lifting heels to bottom with:	Walk fluidly with heel to toe landing with:	Keep head still and look forward.	heel to toe landing	
smooth, controlled movements and minimum wobble.	smooth, controlled movements and minimum wobble.	Use arms to help you move and balance as you walk, bringing them from 'hips to lips'.	hips to lips	Warm up (ball control) Skill (on a line) Skill application (raise the level) Review method (questions carousel)
balance maintained on the line.	balance maintained on the line.	Lessons 4-6	Lessons 4-6	Warm up (ball control) Skill (on a line) PB challenge (3 limb race) Review method (questions carousel)
opposite arm and leg moving forwards.	opposite arm and leg moving forwards smoothly.	Move the ball with fingers, avoiding it touching body.	Tummy	Warm up (to bank or not to bank) PB challenge (Getting around us) Skill (ball skills) Review method (questions carousel)
Sit and roll a ball up and down legs and round upper body using 1 hand.	Lessons 4-6	Focus on maintaining good balance and looking straight ahead throughout.	Around	Warm up (to bank or not to bank) Skill (ball skills) Review method (questions carousel)
Stand and roll a ball up and down legs and round upper body using 1 hand with:	In 20 seconds or less: Stand with legs apart and move a ball around 1 leg 16 times (right and left leg).	Perform movements smoothly and then gradually increase speed.	alternate	
ability to move the ball in both directions.	Move a ball round waist 17 times.		apart	
control of the ball maintained throughout.			height	

smooth movements with the ball.	Stand with legs apart and move a ball around alternate legs 16 times with: control of the ball maintained throughout. ability to complete challenges in both directions consistently and smoothly. smooth movements with the ball.			Warm up (to bank or not to bank) Skill (ball skills) PB challenge (Getting around us) Review method (questions carousel)
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Medium Term Plan – PE - Year 3 Spring 2 coordination (sending and receiving) and counter balance (with a partner)

Length of unit - 6 Sessions

	Knowledge		Vocabulary	Learning Sequence (See REAL PE platform)
	Declarative To know how to:	Procedural		
Pre-learning	Lessons 1-3 (ball skills)	Lessons 1-3	Lessons 1-3	Warm up (ball handling) PB challenge (juggle challenge) Skill (sending and receiving) Review method (badge of honour)
Throw tennis ball, catch rebound with same hand after 1 bounce	Strike a ball with alternate hands in a rally	Vary the speed you send the ball to find which is most effective.	Alternately	Warm up (ball handling) Skill (sending and receiving) Skill application (removal team) Review method (badge of honour)
Throw tennis ball, catch rebound with same hand without a bounce.	Kick a ball with the same foot.	Watch the ball and move feet to get in line with the ball when receiving. Keep eyes focused on the ball.	same foot	
Throw tennis ball, catch rebound with other hand after 1 bounce.	Kick a ball with alternate feet with: accuracy and weight when sending.	Use backswing and follow through when striking/ kicking.	position kick	
Throw tennis ball, catch rebound with other hand without a bounce	a good position when receiving. fluency/rhythm throughout.	Lessons 4-6	return accuracy	
Strike large, soft ball along ground with hand 5 times in a rally with: accuracy when sending. appropriate power/weight when sending.	Lessons 4-6 (counter balance) Hold on and, with a short base, lean back, hold balance and then move back together.	Keep tummy (core muscles) tight and body straight throughout. Hold with straight arms when leaning back.	Lessons 4-6 short base forearm perform coordinated	Warm up (Pass it on) PB challenge (roller ball) Skill (with a partner) Review method (questions carousel) Warm up (Pass it on) Skill (with a partner) Skill application (lean on me) Review method (questions carousel)

a good position when receiving. Hold on and, with a long base, lean back, hold balance and then move back together. Hold on with 1 hand and, with a long base, lean back, hold balance and then move back together with: balance maintained throughout. smooth, controlled movements. coordinated movements with partner.	Hold on with 1 hand and, with a short base, lean back, hold balance and then move back together. Perform above challenges with eyes closed with: balance maintained throughout. smooth, controlled movements. coordinated and controlled movements with partner.	Hold on to partner's forearms and keep a short base.		Warm up (Pass it on) Skill (with a partner) PB challenge (roller ball) Review method (questions carousel)
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Medium Term Plan – PE - Year 3 Summer 1 agility (reaction/response) and static balance (floorwork)

Length of unit - 6 Sessions

	Knowledge		Vocabulary	Learning Sequence (See REAL PE platform)
	Declarative To know how to:	Procedural		
Pre-learning React and catch tennis ball dropped from shoulder height after 1 bounce with: quick reaction. quick, controlled movement. control when slowing down after catch. Place cone on back and take it off with other hand in mini- front support. Hold mini-back support position.	Lessons 1-3 (coordination) From 1, 2 and 3 metres: React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg with: quick reaction. quick, controlled movement. control when slowing down after catch. Lessons 4-6 (agility)	Lessons 1-3 Start quickly and accelerate by pushing off hard with feet and looking forwards. Take up a ready position with knees bent and feet apart (front to back). Bend the knee on 'catching leg' and take weight back to enable you to stop quickly. (core muscles) tight and back straight. Lessons 4-6	Lessons 1-3 weight catching leg feet apart Lessons 4-6 full front support position point transfer	Warm up (continuous relay) PB challenge (quick off the mark) Skill (reaction/response) Review method (comfort, stretch, panic) Warm up (continuous relay) Skill (reaction/response) Skill application (copy your partner) Review method (comfort, stretch, panic) Warm up (continuous relay) Skill (reaction/response) PB challenge (quick off the mark) Review method (comfort, stretch, panic) Warm up (balance dice frenzy) PB challenge (cone transfer)

Place cone on tummy and take it off with other hand in mini- back support with: balance maintained throughout. correct position held by keeping back straight. control when changing balance/position.	I can hold a full front support position with: balance maintained throughout. I correct position held by keeping back straight. control when changing balance/position.	Keep back straight and flat. Keep legs straight and stretched out. Keep hands in line with shoulders and complete slowly.		Skill (floor work) Review method (comfort, stretch, panic)
				Warm up (balance dice frenzy) Skill (floor work) Skill application (hoop limbo) Review method (comfort, stretch, panic)
				Warm up (balance dice frenzy) Skill (floor work) PB challenge (cone transfer) Review method (comfort, stretch, panic)

Medium Term Plan – PE - Year 3 Summer 2 Agility (ball chasing) and static balance (stance)

Length of unit - 6 Sessions

	Knowledge		Vocabulary	Learning Sequence (See REAL PE platform)
	Declarative To know how to:	Procedural		
Pre-learning	Lessons 1-3 (agility)	Lessons 1-3	Lessons 1-3	Warm up (Gate masters) PB challenge (tunnels) Skill (ball chasing) Review method (always, sometimes, rarely)
Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction. Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing	Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction. Chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite	Accelerate by pushing off hard with feet and driving arms from 'hips to lips'. Bend knees as you allow the ball to go through your legs. Keep watching the ball and concentrate on timing so you arrive at the right time.	hips to lips driving arms Lessons 4-6 Maintain	Warm up (Gate masters) Skill (ball chasing) Skill application Develop ball chasing combinations) Review method (always, sometimes, rarely)

opposite direction with: control when starting and stopping quickly. timing and movement to get in the right position. balance/control when collecting the ball Stand on low beam with good stance for 10 seconds with: both feet facing forwards. feet still. minimum wobble (control).	direction with: control when starting and stopping quickly. timing and movement to get in the right position. balance/control when collecting the ball. Lessons 4-6 (Static balance) Receive a small force from various angles. Raise alternate feet 5 times with: both feet facing forwards. balance maintained throughout minimum wobble (control).	Move feet quickly to get in the collecting position in good time. Lessons 4-6 Keep feet a shoulder width apart and knees bent. keep weight on balls of feet. Keep back straight, head up and look forward at a focus point.	Angles Force raising	Warm up (Gate masters) Skill (ball chasing) PB challenge (tunnels) Review method (always, sometimes, rarely) Warm up (Rock, paper, scissors) PB challenge (balance transfer) Skill (stance) Review method (always, sometimes, rarely) Warm up (Rock, paper, scissors) Skill (stance) Skill application (mirror challenge-beam) Review method (always, sometimes, rarely) Warm up (Rock, paper, scissors) Skill (stance) PB challenge (balance transfer) Review method (always, sometimes, rarely)
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