



Year 3 Physical Education - Autumn/Spring: Football



1. Identifying space

Head up to look around the area
Move towards **space**

Move ball with feet (dribbling)

Use soft touches on the ball
Keep the ball close to you
Use different **surfaces** of the foot



2. Control the ball when turning

Identify space to turn into
Have small **touches** of the ball prior to turning
Bend knees and keep body low when turning



3. Outwit an opponent

Vary the type of touch
Vary the speed
Change the **direction** of the ball

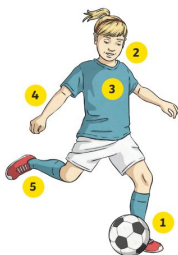
What skills, rules and tactics are used in football?

6. Working as a team

Encourage throughout
Be **positive** and supportive
Listen to others
Provide constructive criticism

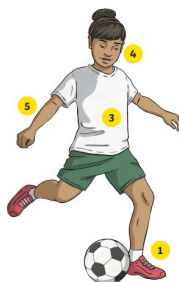
4. Striking a ball

Non-kicking foot by side of the ball
Lock ankle of striking foot
Strike centre of the ball
Head and knee over the ball



5. Sending ball with feet (passing)

Focus on and face target
Non-kicking foot by side of ball
Lock ankle and strike centre of the ball



5. Receiving a ball

Track the ball (with eyes)
Move in line with the ball
Stop ball from moving past you



control	direction	dribbling	opponent	outwit	passing
positive	receiving	space	striking	surfaces	track



Year 3 Physical Education - Autumn/Spring: Hockey



1. Dribbling with control

Ball and stick in front of body

Ball on stick

Bent knees

2. Dribbling with speed

Ball on stick

Ball and stick in front of body, at 2 o'clock **position**

Head up



3. Push pass

Ball on stick at all times
Stand **sideways** to the ball
Feet either side of ball, so
ball starts in the middle

4. Finding Space

Move into space after **passing**
Take **defenders** away in
order to create space



What skills, rules and
tactics are used in
hockey?

Receiving

Stick flat on floor
Move feet so ball stopped on stick
Cushion ball so that it is controlled



5. Performing a push pass on the move

Stick on ball
Ball at 3 o'clock to body
Bend knees

Overcoming pressure from a defender

Create **space** in order for peers to pass the ball
Pass the ball **square** and **straight**



6. Group work

Communicate

Positive
Areas of improvement

communicate	control	cushion	defender	dribbling	pass
position	pressure	receiving	space	square	straight



Year 3 Physical Education - Autumn/Spring: Netball



1. Chest pass

Fingers in a 'W' shape
Elbows pulled into body (no chicken wings)
Step into pass



2. Passing into space

Correct amount of **power**
Timing
Correct place for partner to catch

Catching on the move

Timing
Balanced body
Arms out ready to catch

3. Landing

Land on balls of feet
Head up
Bent knees

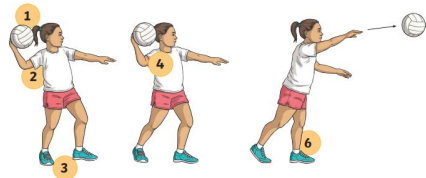
Movement

Head up
Check **space** is clear
Fast **pace**



Shoulder pass

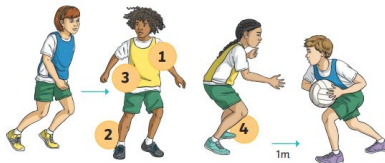
One hand to throw, one to **steady** the ball
Feet shoulder width apart
Step into pass



What skills, rules and tactics are used in netball?

4. Getting away from a defender

Drive off outside foot
Head up
Sprint



5. Defending (man mark)

No contact
On your toes
Peripheral vision

6. Group Work

Communicate
Positive
Areas of improvement

catching	chest pass	defending	drive	pace	passing
peripheral	power	shoulder pass	space	sprint	timing



Year 3 Physical Education - Autumn/Spring: Tag Rugby

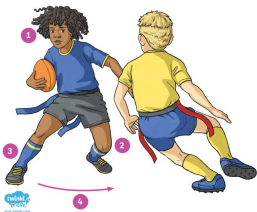


1. Evasion

Move into open **space**
Change direction quickly
Change **speed** of movement

Defending

Light on feet
Change **direction** quickly
Close down open space quickly



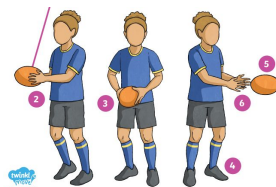
4. Attacking

Identify open space to target
Create space for **team-mates** (eg. commit a **defender**)
Correctly identify best option in either running or passing
the ball into space



2. Passing

Side on **stance**
Look at **target**
Lateral/sideways throwing motion



What skills, rules and tactics are used in tag rugby?

3. Catching

Eyes fixed on the ball
Hands at **chest height**, creating a **target**
Bring ball into the body



6. Group work

Communicate
Positive
Areas of improvement



5. Retain possession of the ball

Look around to see where other team-mates are before passing
Only move and pass to a team-mate in **open space**
Communicate effectively with team-mates

attacking	chest height	defending	direction	identify	lateral
motion	movement	possession	space	stance	target