



Year 3 Physical Education - Summer Term: Athletics



1. Changes during exercise

Hotter
Heart beating faster
Deeper breaths



2. Throwing

Hands/feet in opposition
Transfer of weight
Swing and follow through in direction of throw



3. Decision making

Think first
Experiment/give it a go
Make changes/adjustments if necessary

4. Take-off/Landing

Bend knees
Use arms for power/ balance
Head up



What skills, rules and techniques are used in athletics?



5. Jumping for height/distance

Bend knees at take-off
Drive arms up and out
Run up



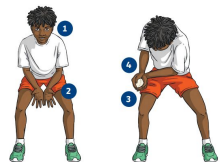
6. Team work

Communicate
Positive
Areas of improvement

athletics	balance	communicate	direction	distance	drive
improvement	jumping	positive	power	running	throwing



Year 3 Physical Education - Summer Term: Cricket



1. Catching

Watching the ball
Hands together

Fingers pointing to the floor



2. Throwing under-arm

Side on stance
Point at target
Straighten arm



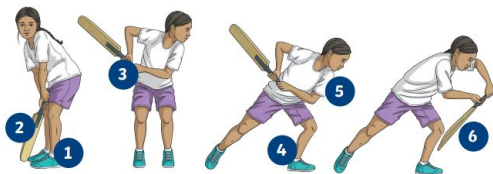
3. Throwing over-arm

Side on stance
Point at target
Release from high



4. Striking

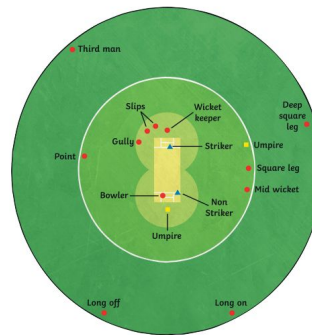
Head still, watching the ball
Contact ball with middle of bat
Step towards the ball



What skills, rules and tactics are used in cricket?

5. Attacking

Identify gaps to hit into
Angle bat/body to hit ball into gap
Follow through in direction of the gap



6. Defending

Look around to see where other fielders are
Move into space
Footwork

attacking	bat / batter	body	contact	defending	fielder
footwork	point	straight/en	stance	target	throwing



Year 3 Physical Education - Summer Term: Rounders



1. Catching

Watching the ball
Two hands together
Close hands, bring to chest



3. Fielder organisation

- Look at scoring area
- Spread fielders around area (width and depth of area)
- Change positions depending on the batter's strengths and weaknesses



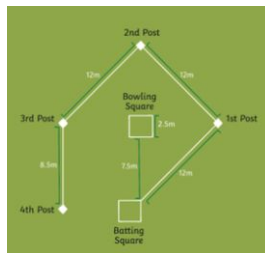
Throwing under-arm

Arms, legs in opposition
Non-throwing hand to point at target
Swing back and follow through in direction



2. Throwing over-arm

Side on stance (in opposition)
Non-throwing hand to point at target
Swing back, release from high, follow through



What skills, rules and tactics are used in rounders?

4. Striking

Watch the ball
Side on (non-striking foot at front)
Present bat



5. Striking into space

Look around to see where the space is
Turn body (hips and shoulders) to point in
direction of space
Follow through in direction of strike

6. Group work

Communicate
Positive
Areas of improvement

bat / batter	bowler	catching	depth	direction	fielders
opposition	position	scoring	space	strike	throwing



Year 3 Physical Education – Summer Term: Tennis



1. Striking using swing action

Waist height contact
Low to high swing
Sideways stance, feet and striking hand in opposition



2. Forehand

Dominant side
Non-dominant hand tracks ball
Contact with middle of racket

Rally

Friendly shot/feed
Hit up
Directed back at partner



3. Backhand

Dominant hand at bottom
Use two hands
Contact on non-dominant side of body

What skills, rules and tactics are used in tennis?

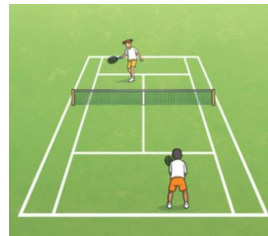


4. Ready position

Both hands on racket
Track ball with eyes
Get in position for either forehand or backhand

5. & 6 Tactics

Move opponent (side to side, forwards and backwards)
Find a weakness
Play to own strength



6. Winning points

Your shot must land in opponent's half of the court
Bounces more than once in opponent's half of the court – win point
Not returned into your half of the court – win point
Opponent hits ball into net – win point

backhand	contact	direction	dominant	forehand	opponent
partner	position	racket	sideways	stance	track