

KNOWLEDGE

Competent learner:

Confidently demonstrate creativity in their work with control

Demonstrate how strategies and tactics can improve their work

Demonstrate improvements to their work

Perform fundamental movement skills in a range of activities demonstrating balance, coordination & agility

Understanding of effective leadership

Active & healthy learner:

Describe why physical activity is good for health and well being

Recognise and describe how their body feels during and after activities

Understand how to remain active for sustained periods of time

Reflective learner:

Describe, explain and comment on their own and others' actions and feelings

Make judgements to improve their and others' work

Respond to set tasks following rules and expectations

Engaged learner:

Demonstrate enthusiasm for PE

Effectively communicate and collaborate with each other

Understand the principles and purpose of preparing effectively for PE and sport

Work independently for extended periods of time without the need for guidance

Disciplined Learner:

Demonstrate a positive attitude to all activities and be respectful towards others

Follow rules and listen well to all instructions

Stay on task and be attentive in all activities

Show kindness and consideration when working with others

SKILLS

Striking & Fielding Principles – different types of games

Batting – simplified versions of games

Strike into space

Correct grip for different pieces of equipment (cricket/rounders bats)

Create tactics to achieve desired result and outwit your opponents.

Understanding the importance of striking into space and varying shots played – apply game principles

Shot selection and importance of timing to increase chances of success.

Decision making on where to hit and why

Fielding- simplified versions of games, game scenarios

Prevent opposition from scoring by closing space as best as you can

Create tactics to achieve desired result

Understanding the area and positions/roles within a team

Awareness of playing area and how to run a batter out

Awareness of additional methods to get batter out (cricket; bowled/caught, rounders; 3 strikes/caught)

Bowling- simplified versions

Bounce feed/underarm/figure of 6 breakdown (overarm action)

Locomotion skills (Batting) - apply game principles/rules

Run – in between wickets/around bases

Locomotion skills (Fielding) - apply game principles/rules

Run – closing space not allowing any gaps

Chase – retrieving an object (once struck) following the direction it is travelling in

Bat manipulation skills (Batters) – apply game principles/rules

Strike – an object from a static position and on the move, into a space to gain an advantage to score

Ball manipulation skills (Bowler/Fielders) – apply game principles/rules

Catch – a moving object - varying speeds, angles and heights

Throw – to a designated target/person dependant on the batter(s) movements

Pick-up – gather a rolling object and throw

Year 3 | Striking & Fielding

KEY VOCABULARY	ASSESSMENT
Assessment areas	Expected
Demonstrate creativity	Are inventive with their own movements and actions with mixed success
Strategies and tactics	Suggest and action ways to gain an advantage with mixed success
Improvements to work	Implement changes to better their performance, suggested by self or AP
Fundamental Movement Skills	Can sequence a series of movements with increasing control (e.g. strike and run/retrieve and throw with some accuracy)
Understanding effective leadership	Can suggest characteristics of an effective leader (e.g. respectful, encouraging, role model, good communicator, puts the team first)
Health and wellbeing	Comment on different factors for wellbeing, other than healthy eating (e.g.sleep, being active, friends, self esteem)
Changes to the body	Reference heart rate, temperature change and muscle soreness/growth
Remain active	Reference managing energy levels to last for the duration of a game
Actions and feelings	Show a mutual respect for all and describe the importance of fair play
Make judgements to improve their and others' work	Identify relevant changes to apply to their work and others that would improve performance, when prompted
Rules and expectations	Follow rules in activities and reinforce to others respectfully when needed
Enthusiasm for PE	Show an interest and enjoyment in lessons
Communicate and collaborate	Work sensibly with who they are partnered or grouped with, despite friendships
Preparation for PE and Sport	Have an awareness of safety (correct kit/footwear, no jewellery/watches, have inhaler or other medication to hand)
Work independently	Can keep an activity flowing without stoppages and adult supervision
Positive attitude and respect	Do not allow activity results or incidents influence their behaviour or manner to others
Following rules and instruction	Remain on task throughout the lesson with no intervention from AP and encourage others to do so
Stay on task	Do not allow competition or incidents influence their participation
Kindness to others	Remain calm when someone makes a mistake
Additional key vocabulary	Definition
Timing	The moment of impact with bat on ball – the closer to the middle of the bat the better the impact
Tactic	An action planned to achieve a specific end (i.e. in play)
Shot	The action a batter performs to strike the ball
Accuracy	The ability to strike a ball into space or throw an object to hit a target