

## 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

### Attack – simplified versions of games (2v1, 3v3), hitting, game scenarios

Varying speed and locomotion skills/agility to beat defender  
Create strategies and tactics to achieve desired result and outwit your opponents  
Understanding the importance of width and depth of playing area and positions/roles within a team – apply game principles  
Shooting methods and importance of accuracy to increase chances of success  
Decision making on when to shoot/distance from net

### Defend - simplified versions of games (2v1, 3v3), game scenarios

Create strategies and tactics to achieve desired result  
Understanding the importance of width and depth of playing area and positions/roles within a team

### Locomotion skills (Attack) - apply game principles/rules

Run – identifying space to move into to receive the ball  
Avoid – monitoring opposition and moving accordingly to remain in space

### Locomotion skills (Defend) - apply game principles/rules

Jump – block, intercept, receive object off target/on the move

### Ball manipulation skills (Attack) – apply game principles/rules

Send – from a static position and on the move, into a space for a teammate to run on to and receive  
Receive – from a static position and on the move, transitioning into an immediate pass when received (quick pass)

## EXPERIENCES

Net & Wall based activities with an emphasis on space. A variety of activities including themes of Badminton and Volleyball. A variety of equipment including balls, nets and rackets Working in small teams Simple competition in pairs and small teams

# Year 3 | Net and Wall

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
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/
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
Strategy	A plan of action to achieve a long term goal (i.e. overall result)
Tactic	An action planned to achieve a specific end (i.e. in play)
Ready Position	The neutral position ready to receive the ball
Accuracy	The ability to send a ball to the desired target (e.g. a teammate, a space or a goal/net)