



Jerry Clay Academy
Subject Knowledge Organiser

Subject: Physical Education

Year Group: Year 3

Term: Autumn 1

Core Learning of This Unit:

- To use running, jumping, throwing and catching in isolation and in combination
- To play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis]
- To apply basic principles suitable for attacking and defending
- To develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- To perform dances using a range of movement patterns
- To take part in outdoor and adventurous activity challenges both individually and within a team
- To compare their performances with previous ones and demonstrate improvement to achieve their personal best

Prior Learning:

- Children can complete basic core skills (throwing and catching and moving into space).
- Children can describe which parts of their body they are using and thinking about why we use these specific body parts.
- Children are starting to use PE related vocabulary such as throwing, catching and moving into space when discussing their performance.

National Curriculum Statements:

Dance

- Improvise freely, translating ideas from a stimulus into a movement.
- Create dance phrases that communicate ideas.
- Use dynamic, rhythmic and expressive qualities clearly and with control.
- Suggest improvements to their own and other people's dances.

Tag Rugby

- Use a range of skills accurately.
- Choose skills and tactics to suit the situation in a game.
- Know rules and use them fairly to keep games going.
- Describe what they and others do that is successful.
- Be aware of space and use it to support team-mates and cause problems for the opposition.

Cross country

- Know and use different running methods.
- Suggest how performances could be improved.
- Carry out warm ups with care and awareness of what is happening to their bodies and explain why these are important.

Key Vocabulary:

Dance

- Rhythm
- Improvisation
- Dance phrase
- Character
- Repetition

Tag Rugby

- Pass/send
- Receive
- Possession
- Tactics
- Scoring
- Attacking
- Defending

Cross country

- Control
- Stamina
- Approach
- Steady rate
- Heartrate



Significant People
Michael Jackson

Michael Joseph Jackson was an American singer, songwriter, and dancer. He is regarded as one of the most significant cultural figures of the 20th century.