



Jerry Clay Academy
Subject Knowledge Organiser

Subject: Physical Education

Year Group: Year 3

Term: Autumn 2

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 are starting to develop the accuracy of using core skills (throwing, catching and hitting).
- Children show an understanding of how to move their body parts.
- Children are starting to consider other people (teammates, opponents and partners) around them.

National Curriculum Statements:

Gymnastics

- Use a greater number of their own ideas for movements in response to a task.
- Choose and plan sequences of contrasting actions.
- Adapt sequences to suit different types of apparatus and their partner's ability.
- Explain how strength and suppleness affect performance.
- Identify some muscle groups used in gymnastic activities.

Hockey/Games

- To show awareness of opponents and team-mates when playing games.
- Choose skills and tactics to suit the situation in a game.
- Understand the rules of the game.

Key Vocabulary:

Gymnastics

- Explosive
- Evaluate
- Improve
- Asymmetric
- Contrasting

Hockey/Games

- Aiming
- Attacking
- Defending
- Passing
- Tactics
- Boundary

Significant People



Hollie Webb

Hollie Pearne-Webb, MBE is an English international field hockey player who plays as a defender for England and Great Britain. She plays club hockey in the Investec Women's Hockey League Premier Division for Surbiton.