



Jerry Clay Academy
Subject Knowledge Organiser

Subject: Physical Education

Year Group: Year 3

Term: Spring 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.

Dodgeball

- Use a range of skills with control and accuracy.
- Carry out tactics successfully.
- Know rules and use them fairly to keep games going.
- Choose and use a simple tactics for sending the ball in different ways to make it difficult for their opponent.
- Choose and use a range of simple tactics for defending their own court.
- Adapt and refine rules.
- Understand the point of the game.
- Keep rules effectively and fairly.

Key Vocabulary:

Gymnastics

- Explosive
- Evaluate
- Improve
- Asymmetric
- Contrasting

Dodgeball

- Keep possession
- Scoring goals
- Attacking
- Defending
- Tactics
- Support
- Stance

Significant People



Simone Biles

Simone Biles dominated women's gymnastics in the lead up to the Rio 2016 Olympic Games, winning three straight World all-around titles – a first by a woman – from 2013-2015. She followed those wins by taking the all-around gold medal in Rio.