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| **Year 3 Disciplinary Knowledge** | | | |
| **GYMNASTICS NET AND WALL DANCE INVASION GAMES ATHLETICS STRIKING AND FIELDING** | **WTS** | **EXS** | **GDS** |
| To understand how to use body tension to make my shapes look better |  | Rest of class |  |
| To understand that I can make my balances look interesting by using different levels |  | Rest of class |  |
| To understand the safety considerations when performing more difficult rolls |  | Rest of class |  |
| To understand that I can change the take off and shape of my jumps to make them look  interesting. |  | Rest of class |  |
| To know that if I use different levels it will help to make my sequence look interesting |  | Rest of class |  |
| Shots: know that pointing the racket face/my hand where I want the ball to go and turning my body will help me to hit accurately. |  | Rest of class |  |
| Rallying: know that hitting towards my partner will help them to return the ball easier and keep the rally going. |  | Rest of class |  |
| Footwork: know that moving to the middle of my court will enable me to cover the most space. |  | Rest of class |  |
| Tactics: know that using simple tactics will help to achieve an outcome e.g. if we spread out, we can cover more space |  | Rest of class |  |
| Rules: know the rules of the game and begin to apply them |  |  |  |
| To understand that sharing ideas with others enables my group to work collaboratively and try ideas  before deciding on the best actions for our dance |  | Rest of class |  |
| To understand that all actions can be performed differently to help to show effect |  | Rest of class |  |
| To understand that I can use space to help my dance to flow |  | Rest of class |  |
| To understand that 'formation' means the same in dance as in other activities such as football,  rugby and gymnastics |  | Rest of class |  |
| To understand that I can use timing techniques such as canon and unison to create effect |  | Rest of class |  |
| To know that if I show sensitivity to the music, my performance will look more complete. |  | Rest of class |  |
| Sending & receiving: know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately. |  | Rest of class |  |
| Dribbling: know that dribbling is an attacking skill which helps us to move towards a goal or away from defenders. |  | Rest of class |  |
| Space: know that by spreading out as a team, we move the defenders away from each other. |  | Rest of class |  |
| Attacking and defending: know my role as an attacker and defender |  | Rest of class |  |
| Rules: know the rules of the game and begin to apply them. |  | Rest of class |  |
| Tactics: know that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to  gain possession. |  |  |  |
| Running: understand that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down. |  | Rest of class |  |
| Jumping: know that if I jump and land quickly it will help me to jump further. |  | Rest of class |  |
| Throwing: understand that the speed of the movement helps to create power. |  | Rest of class |  |
| Rules: know the rules of the event and begin to apply them. |  | Rest of class |  |
| Striking: know that striking to space away from fielders will help me to score. |  | Rest of class |  |
| Fielding: know to look at where a batter is before deciding what to do. Know to communicate with teammates before throwing them a ball. |  | Rest of class |  |
| Throwing: know that overarm throwing is used for long distances and underarm throwing for shorter distances. |  | Rest of class |  |
| Catching: know to move my feet to the ball. |  | Rest of class |  |
| Tactics: know that using simple tactics will help my team to achieve an outcome e.g. we will spread out to deny space. |  | Rest of class |  |
| Rules: know the rules of the game and begin to apply them. |  | Rest of class |  |

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| **Gymnastics** | | | |
|  | **WTS** | **EXS** | **GDS** |
| Shapes: explore matching and contrasting shapes. |  | Rest of class |  |
| Balances: explore point and patch balances and transition smoothly into and out of them. |  | Rest of class |  |
| Rolls: develop the straight, barrel, and forward roll. |  | Rest of class |  |
| Jumps: develop stepping into shape jumps with control. |  | Rest of class |  |

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| **Net and Wall Games** | | | |
|  | **WTS** | **EXS** | **GDS** |
| Shots: explore returning a ball using shots such as the forehand and backhand. |  | Rest of class |  |
| Rallying: explore rallying using a forehand. |  | Rest of class |  |
| Footwork: consistently use and return to the ready position in between shots |  | Rest of class |  |

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| **Dance** | | | |
|  | **WTS** | **EXS** | **GDS** |
| Actions: create actions in response to a stimulus individually and in groups. |  | Rest of class |  |
| Dynamics: use dynamics effectively to express an idea. |  | Rest of class |  |
| Space: use direction to transition between formations. |  | Rest of class |  |
| Relationships: develop an understanding of formations. |  | Rest of class |  |
| Performance: perform short, self-choreographed phrases showing an awareness of timing |  |  |  |

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| **Invasion Games** | | | |
|  | **WTS** | **EXS** | **GDS** |
| Sending & receiving: explore s&r abiding by the rules of the game. |  | Rest of class |  |
| Dribbling: explore dribbling the ball abiding by the rules of the game under some pressure. |  | Rest of class |  |
| Space: develop using space as a team. |  | Rest of class |  |
| Attacking: develop movement skills to lose a defender. Explore shooting actions in a range of invasion games |  | Rest of class |  |
| Defending: develop tracking opponents to limit their scoring opportunities |  | Rest of class |  |

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| **Athletics** | | | |
|  | **WTS** | **EXS** | **GDS** |
| Running: develop the sprinting technique and apply it to relay events. |  | Rest of class |  |
| Jumping: develop technique when jumping for distance in a range of approaches and take off positions. |  | Rest of class |  |
| Throwing: explore the technique for a pull throw. |  | Rest of class |  |

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| **Striking and Fielding** | | | |
|  | **WTS** | **EXS** | **GDS** |
| Striking: begin to strike a bowled ball after a bounce with different equipment. |  | Rest of class |  |
| Fielding: explore bowling to a target and fielding skills to include a two-handed pick up. |  | Rest of class |  |
| Throwing: use overarm and underarm throwing in game situations. |  | Rest of class |  |
| Catching: catch with some consistency in game situations. |  | Rest of class |  |

**Next Steps -Learning Points for next enquiry (noting revisit points for Pupils at WTS )**

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**2)**

**3)**

**4)**

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