

Year 3: Physical Education –

Autumn 1: Tag Rugby & Football

Tag Rugby

- Tag rugby is a **non-contact** version of the game in which each player wears a special belt that has two tags attached to it.
- Instead of being tackled, a player carrying the ball can be **'tagged'** by having a tag removed from their belt by a member of the opposition.
- Tag rugby involves players staying on their feet at all times, including when scoring a try.



HAVE A GO!

Key words: pass control, safely, coordination, throwing, catching, technique, decision making, tactical awareness, goal, try, tackle

Activity: This activity can be done independently or with a partner.

Set up a base and 3 checkpoints.
(any household objects can be used for these)

Practice dribbling the ball to the checkpoint and back to base, then next checkpoint and so on.
If with a partner they can try and take the ball or practice passing to each other on the way!



What will I learn? We will use our skills of running, throwing and catching previously learned to help us play the games football and tag rugby.

We will help you to understand the rules of the game and begin to make tactical decisions such as passing to a particular player

We will develop our ability to work as part of a team.

Key Questions:

How does exercise keep me healthy?

Why is it important to have regular exercise?

What decisions might you have to make when playing football or Tag Rugby?

What does the term 'sportsmanship' mean?

Making a Good Pass



Communication!

- Make sure your partner knows exactly what is going on.
- Do you need to do this through speaking?
- How could you let your partner know what to expect without words?

Accuracy!

- A good passer can repeat the same pass more than once.
- Think about where you need to be looking.
- Remember how you were holding your arm.

Power!

- Can you throw the ball hard enough to reach your partner?
- What happens if you throw the ball too hard?

Year 3: Physical Education

Autumn 2: Basketball & Indoor Hockey

Activity: Can you practice passing the ball to a partner using the chest pass. Each time you catch it, take a step back. If you drop it take a step in. How far out can you get?

Passing Skills

With a partner, practise the technique for the chest pass – one of the most common passes used in basketball and the most accurate way to move the ball around the court.

1. Hold the ball at chest-height with your fingers spread out behind the ball.
2. Keep your elbows out in front of you and relaxed.
3. Stand facing where you want the ball to go with your knees slightly bent.
4. Step forward with your dominant foot as you begin to straighten your arms.
5. Push the ball away from your body at chest-height by powerfully extending the arms forwards and flicking the wrists.
6. Follow through with the arms, wrists, hands and fingers in the direction of the throw.

How many passes can you make in one minute?



What will I learn?

We will learn the rules of both hockey and basketball and understand the basic idea of attacking and defending.

We will use our skills in running, jumping, throwing and catching to play a competitive game.

Key Facts:

My body feels warm as I exercise due to the heart pumping faster causing blood to flow quickly to the muscles/

Good team players watch, listen and communicate with their team mates.

Key words: coordination, agility, balance, **technique**, decision making, tactical awareness, defend, attack, goal,

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Key Questions:

What will I learn?

Key words:

Activity: