

# Physical Education Knowledge Organiser





## Year 3 Invasion Games

**National Curriculum links:** 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], and apply basic principles suitable for attacking and defending

Key values and vocabulary	Learning	Breakdown of skills/success criteria
<p><u>Values</u></p> <ul style="list-style-type: none"> <li>· Respect</li> <li>· Co-operation</li> <li>· Teamwork</li> </ul> <p><u>Vocabulary</u></p> <ul style="list-style-type: none"> <li>· accuracy</li> <li>· technique</li> <li>· invasion</li> <li>· apace</li> <li>· attacking</li> </ul>	<p style="text-align: center;"><b>Previous Learning</b></p> <p>In year 2, children will perform fundamental movement skills at a developing level and start to master some basic movements in;</p> <ul style="list-style-type: none"> <li>· Travelling skills</li> <li>· Sending skills</li> <li>· Receiving skills</li> </ul> <p>They will also focus on the following FMS skills;</p> <ul style="list-style-type: none"> <li>· Underarm throw</li> <li>· Catching</li> <li>· Running</li> <li>· Dodging</li> <li>· Striking a ball</li> <li>· Side gallop</li> </ul> <p style="text-align: center;"><b>Year 3 learning</b></p> <p>In year 3, children will master most fundamental skills from KS1 and start to develop sport specific skills and perform them with some accuracy.</p> <p>The children will develop the following skills:</p> <ul style="list-style-type: none"> <li>· running</li> <li>· dodging</li> <li>· passing</li> <li>· catching</li> <li>· bouncing</li> </ul>	<p><u>Aim and success criteria of invasion games for year 3</u></p> <ul style="list-style-type: none"> <li>· Children will learn to apply their understanding and skills from KS1.</li> <li>· Children will improve their accuracy in throwing and catching, and they will learn new invasion game sport specific techniques.</li> </ul> <p><u>Skills breakdown for invasion games</u></p> <p><b>Running</b></p> <ul style="list-style-type: none"> <li>· Definite flight phase</li> <li>· Stride length at max</li> <li>· Complete extension of support leg</li> <li>· Arms bent at 90 degrees and swing back and forwards in opposition to legs</li> <li>· Non-support knee bends 90 degrees</li> </ul> <p><b>Throwing (overarm)</b></p> <ul style="list-style-type: none"> <li>· Arm is swung backward in preparation</li> <li>· Opposite arm is raised for balance/direction</li> <li>· Weight transfers from back foot to front foot, with a step with foot opposite to throwing arm.</li> <li>· Definite turning of the body through legs, hips and shoulders.</li> </ul> <p><b>Catching</b></p> <ul style="list-style-type: none"> <li>· Body moves directly in path of the ball</li> <li>· Eyes follow the ball into hands</li> </ul>

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Key knowledge	Future learning		
<p>Children need to learn how to move into space to receive a ball.</p> <p>They also need to learn how to pass a ball to a player in space when playing an invasion game.</p>	<p>In year 4, the children will learn to master fundamental movement skills and start to develop sport specific skills performing them with consistency and accuracy.</p> <p>The children will develop the following skills:</p> <ul style="list-style-type: none"> <li>· running</li> <li>· a range of passes</li> <li>· dodging</li> <li>· catching</li> <li>· bouncing a ball</li> <li>· shooting a ball</li> </ul>	<ul style="list-style-type: none"> <li>· Arms "give" on contact to absorb the force of the ball</li> <li>· Arms adjust to flight of the ball</li> <li>· Hands grasp ball in well-timed motion</li> </ul> <p><b>Bouncing a ball</b></p> <ul style="list-style-type: none"> <li>· Ball held at waist height</li> <li>· Ball pushed down to ground, following through with arm, wrist and fingers</li> <li>· Relaxed fingertips control the bounce</li> <li>· Can control the height of the bounce consistently</li> </ul>	
<p><b>Supporting resources</b></p>			
<p><b>Running</b></p> 	<p><b>Overarm throw</b></p> 	<p><b>Catching</b></p>  <p><small>© Lancashire County Council 2019</small></p>	<p><b>Bouncing a ball</b></p>  <p><small>© Lancashire County Council 2019</small></p>