

Healthy Active Lifestyles in PE

In Year 3, children are encouraged to embrace healthy, active lifestyles by understanding the positive impact of regular physical activity on their daily lives. They learn to explain how exercise affects their heart rate and can describe body changes during physical activity using appropriate language. They understand the importance of warming up both physically and mentally before engaging in activities. They also grasp hydration's significance and identify potential dangers in activities, developing key safety rules. Additionally, they understand the importance of strength and flexibility in various activities and can identify the essential body parts for specific exercises. They comprehend concepts like agility, speed and how to build stamina. They assess their own performance, make comparisons, and identify areas for improvement, all while displaying resilience. They play different games fairly, adapt to changing rules, and exhibit sportsmanship, promoting inclusivity in all activities.

Healthy Participation	Safety	Types of Exercise	Evaluation and Analysis	Values
<ul style="list-style-type: none"> • Understand how regular physical activity can positively impact daily life. • Explain what happens to their heart rate after exercise. • Use appropriate language to describe changes to their bodies during exercise. • Understand that taking part in physical activity should be a lifelong pursuit. 	<ul style="list-style-type: none"> • Understand how a warm-up prepares somebody both physically and mentally for an activity. • Understand what is meant by hydration and its importance when taking part in physical activities. • Identify potential dangers in an activity and decide on key rules to keep participants safe. • Identify their role in keeping themselves and others safe in PE. 	<ul style="list-style-type: none"> • Know the importance of strength and flexibility when participating in various activities. • Identify which body parts are important to taking part in a particular activity. • Know what agility, speed and stamina are and why they are needed when being physically active. • Know how to develop stamina for physical activities. 	<ul style="list-style-type: none"> • Identify various factors that went well in their own performance. • Compare their own performance in an activity to that of others. • Identify where they could improve their own and others' performance. • Be able to tell others what they have done well during an activity. • To be able to recognise success against a given criteria. 	<ul style="list-style-type: none"> • Understand what resilience means and how it can be shown in PE. • Play different games fairly using rules that may change during a game. • Display sportsmanlike conduct during competitive activities regardless of how it is going. • Make sure an activity is inclusive to all participants.

Unit	Healthy Participation	Safety	Types of Exercise	Evaluation and Analysis	Values
Athletics	<ul style="list-style-type: none"> Lesson 2 (Starter Activity) 	<ul style="list-style-type: none"> Lesson 3 (Skill Dev) Lesson 4 (Starter Activity) Lesson 5 (Skill Dev) 	<ul style="list-style-type: none"> Lesson 2 (Speed most activities) Lesson 4 (Strength) Lesson 5 (Activity 1) 	<ul style="list-style-type: none"> Lesson 1 (Skill Dev) Lesson 1 (Key Q1) Lesson 3 (Activity) Lesson 4 (Key Q2) Lesson 6 (Key Q2) 	<ul style="list-style-type: none"> Lesson 1 (AFL Task) Lesson 5 (Activity 3) Lesson 6 (Competition) Lesson 6 (Key Q4)
Badminton	<ul style="list-style-type: none"> Lesson 2 (Stater Activity) 	<ul style="list-style-type: none"> Lesson 1 (Stater Activity) 	<ul style="list-style-type: none"> Lesson 3 (Skill Dev) Lesson 3 (Key Q2) 	<ul style="list-style-type: none"> Lesson 2 (Activity 2) Lesson 4 (Key Q1) Lesson 6 (Key Q's 2&3) 	<ul style="list-style-type: none"> Lesson 1 (Starter Activity, AFL, Activity) Lesson 4 (Starter Activity) Lesson 5 (Activity) Lesson 5 (Key Q3) Lesson 6 (Competition) Lesson 6 (Key Q1)
Basketball	<ul style="list-style-type: none"> Lesson 1 (Key Q4) 	<ul style="list-style-type: none"> Lesson 1 (Skill Dev) Lesson 3 (Starter Activity) 	<ul style="list-style-type: none"> Lesson 1 (Skill Dev) Lesson 3 (Starter Activity) 	<ul style="list-style-type: none"> Lesson 2 (Activity 1) Lesson 2 (Key Q3) Lesson 4 (Key Q3) Lesson 6 (Key Q1) 	<ul style="list-style-type: none"> Lesson 1 (AFL) Lesson 1 (Key Q2) Lesson 2 (Activity 2) Lesson 3 (Activity) Lesson 3 (Key Q3) Lesson 4 (Skill Dev, Activity) Lesson 5 (Skill Dev, Activity) Lesson 6 (Competition)
Cricket	<ul style="list-style-type: none"> Lesson 6 (Competition) 	<ul style="list-style-type: none"> Lesson 3 (Starter Activity) Lesson 5 (Activity 1) 	<ul style="list-style-type: none"> Lesson 5 (Skill Dev) 	<ul style="list-style-type: none"> Lesson 1 (Key Q2) Lesson 2 (Skill Dev) Lesson 4 (Skill Dev) Lesson 6 (Starter Activity) 	<ul style="list-style-type: none"> Lesson 1 (Starter Activity, AFL) Lesson 2 (Activity 1, Act 2) Lesson 3 (Activity) Lesson 3 (Key Q4) Lesson 4 (Activity) Lesson 5 (Activity) Lesson 6 (Competition)
Football	<ul style="list-style-type: none"> Lesson 3 (Skill Dev) 	<ul style="list-style-type: none"> Lesson 4 (Starter Activity) 	<ul style="list-style-type: none"> Lesson 3 (Skill Dev) 	<ul style="list-style-type: none"> Lesson 1 (Skill Dev) Lesson 1 (Key Q's 1-5) Lesson 2 (Starter Activity) Lesson 5 (Key Q3) 	<ul style="list-style-type: none"> Lesson 1 (Activity) Lesson 2 (Activity) Lesson 3 (Activity) Lesson 4 (Activity) Lesson 5 (Activity) Lesson 6 (Competition) Lesson 6 (Key Q4)

Unit	Healthy Participation	Safety	Types of Exercise	Evaluation and Analysis	Values
Handball		<ul style="list-style-type: none"> Lesson 2 (Starter Activity) Lesson 4 (Starter Activity) 	<ul style="list-style-type: none"> Lesson 3 (Skill Dev) 	<ul style="list-style-type: none"> Lesson 1 (Skill Dev) Lesson 2 (Skill Dev) Lesson 6 (Key Q1 & 4) 	<ul style="list-style-type: none"> Lesson 1 (AFL) Lesson 2 (Activity) Lesson 3 (Starter Activity, Activity 1) Lesson 4 (Starter Activity, Skill Dev, Activity) Lesson 5 (Starter Activity, Skill Dev, Activity) Lesson 6 (Competition)
Hockey	<ul style="list-style-type: none"> Lesson 6 (Game Format) 	<ul style="list-style-type: none"> Lesson 1 (Starter Activity) Lesson 2 (Starter Activity) 	<ul style="list-style-type: none"> Lesson 5 (Starter Activity, Skill Dev) Lesson 5 (Key Q3) 	<ul style="list-style-type: none"> Lesson 1 (Skill Dev) Lesson 2 (Q3) Lesson 3 (Key Q's 1-3) Lesson 4 (Skill Dev) 	<ul style="list-style-type: none"> Lesson 1 (AFL) Lesson 2 (Activity) Lesson 3 (Starter Activity, Activity) Lesson 4 (Activity) Lesson 5 (Activity) Lesson 6 (Competition)
Lacrosse	<ul style="list-style-type: none"> Lesson 6 (Game Format) 	<ul style="list-style-type: none"> Lesson 1 (Skill Dev) Lesson 4 (Starter Activity) 	<ul style="list-style-type: none"> Lesson 4 (Starter Activity) 	<ul style="list-style-type: none"> Lesson 2 (Skill Dev) Lesson 3 (Skill Dev) Lesson 6 (Key Q3) 	<ul style="list-style-type: none"> Lesson 1 (Starter Activity, AFL) Lesson 2 (Starter, AFL) Lesson 3 (Starter Activity, Activity) Lesson 4 (Starter Activity, Activity) Lesson 5 (Skill Dev, Activity) Lesson 6 (Competition)
Netball	<ul style="list-style-type: none"> Lesson 5 (Key Q3) Lesson 6 (Q3) 	<ul style="list-style-type: none"> Lesson 2 (Starter Activity) Lesson 6 (Starter Activity) 	<ul style="list-style-type: none"> Lesson 2 (Key Q4) 	<ul style="list-style-type: none"> Lesson 1 (Skill Dev) Lesson 2 (Skill Dev) Lesson 3 (Skill Dev) Lesson 4 (Activity) 	<ul style="list-style-type: none"> Lesson 1 (Starter Activity, AFL) Lesson 2 (Starter Activity, Activity) Lesson 3 (Activity 1, Act 2) Lesson 3 (Key Q4) Lesson 4 (Activity) Lesson 5 (Starter Activity, AFL) Lesson 6 (Competition)

Unit	Healthy Participation	Safety	Types of Exercise	Evaluation and Analysis	Values
Rounders		<ul style="list-style-type: none"> Lesson 1 (AFL) Lesson 4 (Starter Activity) 	<ul style="list-style-type: none"> Lesson 2 (Skill Dev) Lesson 5 (Skill Dev) 	<ul style="list-style-type: none"> Lesson 2 (Skill Dev) Lesson 3 (Skill Dev) Lesson 4 (Skill Dev) 	<ul style="list-style-type: none"> Lesson 1 (Skill Dev, AFL) Lesson 2 (Starter Activity, Activity) Lesson 3 (Starter Activity, Activity) Lesson 4 (Starter Activity, Activity) Lesson 5 (Starter Activity, Activity) Lesson 6 (Starter Activity, Competition)
Tag Rugby	<ul style="list-style-type: none"> Lesson 1 (Key Q3) Lesson 6 (Key Q2) 	<ul style="list-style-type: none"> Lesson 5 (Starter Activity) 	<ul style="list-style-type: none"> Lesson 1 (Starter Activity) Lesson 2 (Activity 1) 	<ul style="list-style-type: none"> Lesson 2 (Starter Activity) Lesson 2 (Key Q2) Lesson 3 (Activity 2) Lesson 6 (Starter Activity) Lesson 6 (Key Q3) 	<ul style="list-style-type: none"> Lesson 1 (AFL) Lesson 2 (Activity 2) Lesson 3 (Starter Activity, Skill Dev) Lesson 4 (Skill Dev, Activity 1) Lesson 4 (Key Q4) Lesson 5 (Activity 1, Skill Dev, Activity 2) Lesson 5 (AFL) Lesson 6 (AFL)
Tennis		<ul style="list-style-type: none"> Lesson 1 (Starter Activity) Lesson 2 (Starter Activity) 	<ul style="list-style-type: none"> Lesson 4 (Skill Dev) 	<ul style="list-style-type: none"> Lesson 2 (Skill Dev) Lesson 3 (Skill Dev) Lesson 5 (Key Q5) Lesson 6 (Key Q3) 	<ul style="list-style-type: none"> Lesson 1 (AFL) Lesson 2 (Activity) Lesson 3 (Activity) Lesson 3 (Key Q4) Lesson 4 (Activity) Lesson 5 (Activity) Lesson 6 (Competition)
Volleyball	<ul style="list-style-type: none"> Lesson 6 (Key Q5) 	<ul style="list-style-type: none"> Lesson 4 (Activity) 	<ul style="list-style-type: none"> Lesson 4 (Key Q4) Lesson 5 (Starter Activity) 	<ul style="list-style-type: none"> Lesson 1 (Starter Activity) Lesson 2 (Key Q2) Lesson 6 (Key Q4) 	<ul style="list-style-type: none"> Lesson 1 (AFL) Lesson 2 (Activity) Lesson 3 (Activity 1, KQ2) Lesson 4 (Activity) Lesson 5 (Skill Dev, Activity 2) Lesson 5 (Key Q3) Lesson 6 (Competition)

Unit	Healthy Participation	Safety	Types of Exercise	Evaluation and Analysis	Values
Gymnastics Unit 1	<ul style="list-style-type: none"> Lesson 6 (Key Q4) 	<ul style="list-style-type: none"> Lesson 1 (Starter Activity) Lesson 4 (Skill Dev) Lesson 5 (Starter Activity) 	<ul style="list-style-type: none"> Lesson 1 (Skill Dev, AFL) Lesson 2 (Starter, Skill Dev, Activity 1 & 2) Lesson 3 (Skill Dev) Lesson 3 (Key Q2) Lesson 4 (Starter Activity) Lesson 5 (Starter Activity) Lesson 5 (Key Q4) 	<ul style="list-style-type: none"> Lesson 1 (Key Q4) Lesson 3 (Activity) Lesson 4 (Key Q1&3) Lesson 5 (Activity) 	<ul style="list-style-type: none"> Lesson 3 (Starter Activity) Lesson 4 (Starter Activity)
Gymnastics Unit 2	<ul style="list-style-type: none"> Lesson 6 (Key Q5) 	<ul style="list-style-type: none"> Lesson 2 (Starter Activity) Lesson 5 (Skill Dev) Lesson 6 (Starter Activity) 	<ul style="list-style-type: none"> Lesson 1 (Skill Dev, KQ3) Lesson 2 (Skill Dev, KQ1) Lesson 3 (TP, Skill Dev) Lesson 4 (Starter, Skill Dev) Lesson 4 (Key Q1) Lesson 5 (Skill Dev, KQ3) Lesson 6 (Skill Dev, KQ1, 2&4) 	<ul style="list-style-type: none"> Lesson 1 (Activity) Lesson 3 (Activity) Lesson 3 (Key Q3) Lesson 6 (Key Q3) 	<ul style="list-style-type: none"> Lesson 4 (Starter Activity) Lesson 5 (Starter Activity)
Dance Unit 1		<ul style="list-style-type: none"> Lesson 1 (Starter Activity) Lesson 2 (Starter Activity) Lesson 4 (Starter Activity, Working with a prop) Lesson 5 (Starter Act) Lesson 6 (Starter Act) 	<ul style="list-style-type: none"> Lesson 3 (Skill Dev 2) 	<ul style="list-style-type: none"> Lesson 1 (AFL) Lesson 1 (Key Q3) Lesson 2 (Skill Dev) Lesson 5 (Activity 2) Lesson 6 (Activity 1, Performance) Lesson 6 (Key Q2&3) 	<ul style="list-style-type: none"> Lesson 3 (Starter Activity)
Dance Unit 2	<ul style="list-style-type: none"> Lesson 3 (Starter Activity) Lesson 3 (Key Q3) Lesson 6 (Key Q2&3) 	<ul style="list-style-type: none"> Lesson 4 (Activity 2) 	<ul style="list-style-type: none"> Lesson 3 (Activity 2) 	<ul style="list-style-type: none"> Lesson 1 (Key Q3) Lesson 2 (Activity 1) Lesson 4 (Activity 2) Lesson 5 (Key Q's 1-3) Lesson 6 (Activity 3) Lesson 6 (Key Q1) 	<ul style="list-style-type: none"> Lesson 1 (Starter Activity) Lesson 2 (Starter Activity) Lesson 5 (Starter Activity) Lesson 6 (Starter Activity)
OAA	<ul style="list-style-type: none"> Lesson 5 (Starter Activity) Lesson 5 (Key Q2) 	<ul style="list-style-type: none"> Lesson 3 (Starter Activity) Lesson 4 (Starter Activity) Lesson 6 (Activity 1) 	<ul style="list-style-type: none"> Lesson 2 (Starter Activity) 	<ul style="list-style-type: none"> Lesson 1 (Key Q1&3) Lesson 6 (Key Q2&3) 	<ul style="list-style-type: none"> Lesson 1 (Starter Act, AFL 1&2) Lesson 2 (Activity 1) Lesson 2 (Key Q3) Lesson 3 (Starter Act, Act 2) Lesson 4 (Activity 1 & 2) Lesson 5 (Activity 2)