

Subject: Physical Education	Year group: Year 3	Topic: Pilates	Initiation & activation activities: bend forwards, bend backwards, twist sideways, bend sideways, neutral spine, stretch, core,
<p>Prior knowledge required: they are able to:</p> <p>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>participate in team games, developing simple tactics for attacking and defending</p> <p>perform dances using simple movement patterns.</p>		<p>Vocabulary:</p> <p>focus, precise, breathe, flow, centre, control, neutral core, forward flexion, lateral flexion, extension, rotation,, mobilising, breathing, stretching, concentrating.</p>	
Programme of Study	Implementation:	Impact –lesson sequence:	Evaluations and assessments:
<ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • 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 • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • perform dances using a range of movement patterns • take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement 	<ul style="list-style-type: none"> • Can they/do they: • Perform simple Pilates moves and everyday tasks with correct posture and alignment. • Move with careful control, precision, and coordination. • Know, understand, and show movements to demonstrate the planes of movement and positions of the spine. • Make suggestions on how to improve my performance and performances of others. 		

to achieve their personal best. <i>SWIMMING IS TAUGHT ON SITE AT OUR MIDDLE SCHOOL</i>			
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