



Subject: PE Topic: Skipping/Fitness Year Group: Year 3

What I should already know:

- Recognise and describe changes that occur in my body during exercise
- Know how to increase my heart rate
- To move in a variety of ways coordinating my body and showing that I am agile by changing direction quickly
- To perform simple patterns of movement and balance with control
- Use correct techniques for activities
- Discover what I find easy/hard
- Improve my own performance/fitness over time

Vocabulary:

Step, jump, crossover, boxer style, ready, in, now, partner skip, timing, direction, personal fitness, heart rate, circuit, exercise, station, strength, stamina, flexibility, agility, coordination, technique, challenge

What I will know by the end of the unit:

- To explore different ways of skipping
- Skip with a partner
- Participate in large rope skipping to rhymes/songs
- Be aware of skipping rope safety
- Develop agility and coordination
- Raise heart rate and understand why/how it has been raised
- Review what I find easy/hard and why
- Improve performance by evaluating and goal setting

Activities I can take part in to achieve my objectives:

- Individual skipping – developing/teaching techniques
- Paired skipping (as above)
- Skipping relays
- Skipping games
- Making up own skipping games, routines to music etc.
- Skipping circuits – can also include other pulse raising activities e.g. step ups, star jumps