

<b>Year 3 Pilates</b> <b>Curriculum Link:</b> <b>Develop flexibility, strength, technique, control and balance</b>		
Key Information	Learning	Key PE Skills
Unit	Previous Learning	Competing and Performing
<p>Subject Name: <b>PE</b>            Year Group: <b>3</b>            Term: <b>1 (H2)</b>            Unit Name: <b>Pilates</b></p> <p><b>Spiritual Development</b>            Through the study of Physical Education, children will develop an understanding of the importance of physical health and how this can promote positive emotional development.            John 1:2 Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.</p>	<ul style="list-style-type: none"> <li>• Copy, repeat and remember actions and movements.</li> <li>• Link actions to make a sequence with a clear beginning and end.</li> <li>• Hold a still shape whilst balancing on different points of the body.</li> <li>• Travel using a range of direction and speed, with control and care.</li> </ul>	<ul style="list-style-type: none"> <li>• Compete against self and others in teams and individually in a controlled manner in a range of competitive activities.</li> </ul>
Big Ideas	Year 3 Learning	Health and Fitness & Preparation
<p>Perform pilates sequences to link actions and sequences of movement and develop flexibility, strength, technique, control and balance.</p>	<ul style="list-style-type: none"> <li>• To begin to identify, repeat and remember actions and movements, selecting these actions and movements to compose their own short sequences.</li> <li>• To be able to link actions to make a sequence with a clear beginning, middle and end.</li> <li>• To be able to create interesting body shapes while holding balances with control.</li> <li>• To begin to show flexibility in movements.</li> <li>• To be able to travel using a range of direction and speed, with control, co-ordination and care.</li> </ul>	<ul style="list-style-type: none"> <li>• Recognise and describe the effects of exercise on the body and begin to link this to why it is important to warm up and cool down.</li> <li>• Explain why exercise is good for your health, including strength and flexibility.</li> </ul>

Key Information	Learning	Key PE Skills
Vocabulary	Future Learning:	Evaluation and Communication
flexibility squat lunge pivot co-ordination	<ul style="list-style-type: none"> <li>• Begin to identify, repeat and remember actions and movements, selecting these actions and movements to compose their own full sequence.</li> <li>• Link actions to make a sequence with a clear beginning, middle and end with movements and actions showing fluidity and some control.</li> <li>• Carry out balances, recognising the position of their centre of gravity and how this affects the balance.</li> <li>• Show flexibility in movements.</li> <li>• Travel using a range of direction, speed and levels with control, co-ordination and care.</li> </ul>	<ul style="list-style-type: none"> <li>• Watch or describe performances of themselves and others - linking that to what to keep the same for next time and what to improve for next time and offer some improvements to others.</li> <li>• Use communication skills to illustrate what they are doing and begin to respond to others.</li> </ul>

**Glossary**

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