



Year 3 - Spring 1 - PE Knowledge Organiser Dance & Netball

What I already know...

- How to perform dances using simple movement patterns
- How to move in time with music.
- Basic skills for throwing and catching
- Simple tactics for attacking and defending.

Key Vocabulary

Gesture	Moving a part of your body
Travel	Using your feet and body to move across a space
Step	A sequence of foot movements
Repeat	To do the same actions again.
Chest / Bounce / Shoulder pass	Ways of moving the ball from one player to another
Intercept	Get in the way of the ball and steal it from the opposition.
Marking	Staying close to another player to stop them from getting the ball.

What I will learn...

- That warming up and cooling down are important before and after physical activity
- That basic body actions make up dance moves - step, gesture, travel, jump, turn.
- Movements and actions are repeated, usually on a count of 4 or 8.
- Timings with music and simple rhythm help us to keep in unison as a group.
- The rules for 'Bee Netball'
- New passing and shooting skills
- Further tactics for attacking and defending



Making a difference at The Merton

Children will work on a sequence in dance, learning some simple moves and working collaboratively to create their own sections as part of the dance ready to entertain their peers within lessons or as part of a bigger performance.

With the sports coach they will learn and develop skills in netball. The children will learn about skills, tactics and rules for Bee Netball (Fliers). They will develop their hand-eye coordination when practising throwing, catching and shooting and develop their attacking and defending skills which can be applied to a range of team games in PE.

Making a difference at home

If you have a suitable space, you could practise the skills you have learnt, whether they are passing, shooting or intercepting. You don't even need a ball, you could use a rolled up pair of socks!

Get inspired and join a local team or dance group - there are lots to choose from in the Syston area.