

YEAR 3

LEARNING OUTCOMES

for

YEAR 3

HEALTH RELATED FITNESS	MOVEMENT & GYMNASTICS	SWIMMING	ATHLETICS	GAMES
<p>3.1.1. Muscular Strength and Endurance</p> <ol style="list-style-type: none"> 1. Identify that the body has many muscles. 2. Identify the purpose of muscles. 3. Perform activities to achieve strong muscles. <ul style="list-style-type: none"> - using own body weight as resistance - focusing on upper body 4. Revise correct procedure for lifting objects 	<p>3.2.1. TRAVELLING Run and change direction, Use various body parts to move from one place to another</p> <p>3.2.2. ROLLING Practise rolling backwards and sideways</p>	<p>3.3.1. Kicking using Practise using 4 Strokes (Use of Aids)</p>	<p>3.4.1. Walking/ Running: Develop the concept of importance of speed in endurance events.</p> <p>3.4.2. Sprinting: Perform 30m-60m Dash with a dip at the finish.</p>	<p>3.5.1. Racket Games: Practise striking a bouncing ball with an implement or hand</p>
<p>3.1.2. Cardio Respiratory Endurance Identify function of the Blood. Recovery Breathing. (Walking and Breathing) Realize that the term Being Active means to move the body in a variety of activities using energy. Perform activities of warming up and cooling down.</p>	<p>3.2.3. BALANCING link various balances, develop inverted balances</p> <p>3.2.4. TAKING WEIGHT ON HANDS Practise handstand (with support)</p>	<p>3.3.2. Floating, Practise moving in Water unaided</p>	<p>3.4.3. Hurdling: Use a dip over the finish line</p>	<p>3.5.2. Implement Games: Refine open stick passing and trapping. Perform slap-shot</p>

<p>3.1.3. Healthy Habits Develop awareness of the food pyramid. Check posture. Develop knowledge of things that harm the body. Develop awareness of importance of periods of rest.</p>	<p>3.2.5. JUMPING <i>Practise a combination of jumps, jump and turn</i></p>	<p>3.3.3. Jumping Practise jumping in, water entry</p>	<p>3.4.4. Jumping Jump for height</p>	<p>3.5.3. Team Games Catch, Pass, chest, bounce and overhead.</p>
<p>3.1.4. Flexibility Perform Stretching Exercises with correct technique</p>	<p>3.2.6. PARTNER WORK <i>Practise mirroring</i></p>		<p>3.4.5. Throwing body weight exercises. Perform Throwing Body-weight exercises.</p>	

PROGRAMME

for

YEAR 3

3.1 HEALTH-RELATED FITNESS

Learning Outcome	Notes
3.1.1. Muscular Strength and Endurance	<ul style="list-style-type: none"> • Identify location, size and function of the heart. (Years 1-6) • Identify parts and functions of the circulatory or respiratory system (Years 3-6) • Perform activities that do help the heart – healthy heart activities (Years 1 -6) • Understand how to measure a strong heart (Years 1 -6) • Endurance challenges including the 1 mile run / walk or 9 minute run / walk. • Identify that the body has many muscles. • Identify the purpose of muscles • Identify correct procedures for lifting objects • Perform activities and exercises to achieve strong muscles • Identify and practise appropriate activities for specific group of muscles • Learn to correctly perform exercises using their own body weight as resistance • Identify the meaning of stretching • Perform the correct procedures for safe stretching • Learn the meaning of healthy habits (Years 1 -6) • Identify habits that are healthy for the body: • Get regular activity – movement to play (Years 1- 6) • Eat breakfast – avoiding unhealthy snacks (Years 1 – 6) • Eat from the food groups pyramid (healthy breakfast concept) – Years 3 – 6. • Get adequate rest (Years 1 -6) • Maintain cleanliness and hygiene (Years 1 -6) • Avoid drugs and alcohol (Years 1 -6) • Live tobacco free
1. Identify that the body has many muscles.	
2. Identify the purpose of muscles. (Point to various muscle groups and say what their purpose is)	
3. Perform activities to achieve strong muscles. - using own body weight as resistance - focusing on upper body ex. Modified pull-ups & push-ups.	
4. Revise correct procedure for lifting objects i.e. squatting down and keeping back straight.	
3.1.2. Cardio Respiratory Endurance	
Identify function of the Blood. (To carry oxygen to parts of the body).	
Practise recovery Breathing. (Walking and Breathing)	
Realize that the term Being Active means to move the body in a variety of activities using energy.	
Perform activities of warming up and cooling down.	
3.1.3. Healthy Habits	
Develop awareness of the food pyramid.	
Check posture. (While jumping vertically)	
Develop knowledge of things that harm the body.	
Develop awareness of importance of periods of rest.	
3.1.4. Flexibility	
Perform Stretching Exercises with correct technique	
Proper stretching should be slow and gradual to the point of mild tension not to the point of pain. They should feel a slight discomfort	

While performing the exercise point out the part of the body that is being stretched
Hold a stretch for 10 seconds

3.2 MOVEMENT AND GYMNASTICS





Learning Outcomes	Notes
<p>3.2.1 TRAVELLING <i>Run and change direction, use various body parts to move from one place to another</i></p> <ul style="list-style-type: none"> • Run and change direction on signal • Move about space using hands and feet • Move about space using other body parts, change body parts used on signal • Move about in space on body parts named by others 	
<p>3.2.2 ROLLING <i>Practise rolling backwards and sideways</i></p> <ul style="list-style-type: none"> • Roll forwards to finish in a ‘V’ sit • Roll backwards onto one knee • Roll backwards onto two feet • Roll sideways (a) tucked and (b) stretched • Roll sideways so that only your shoulders make contact with the floor 	<p><u>BACKWARD ROLL</u> Crouch down, hands ready to be placed on floor by head, hips close to feet, hands in position early (flat on floor close to head, thumbs point towards ears), tuck tightly, knees onto chest, push hand from hands, stay tucked, maintain push and land on balls of feet.</p>
<p>3.2.3 BALANCING <i>linking various balances, introducing inverted balances</i></p> <ul style="list-style-type: none"> • Choose three balances and link together using stepping and rolling actions • Roll to finish balanced on 4/3/2 body parts • Roll, balance and roll out of balance • Try inverted balances like shoulder stand (and the headstand) 	<p><u>THE HEADSTAND</u> Head and hands in triangle on floor, forehead on floor, walk feet up towards hands on toes, push down with hands and lift feet off the floor into tucked headstand, keep back straight, balance and straighten legs.</p>

<p>3.2.4 TAKING WEIGHT ON HANDS <i>handstand (with support)</i></p> <ul style="list-style-type: none"> • Practise kicking legs high in the air (donkey kick), try to keep legs up in the air for as long as possible • Plant hands on floor and walk feet up the wall • Lift legs high and hold at a vertical point, keep your body straight (support with wall) 	
<p>3.2.5 JUMPING <i>Practise a combination of jumps, jump and turn</i></p> <ul style="list-style-type: none"> • Jump - take off from one foot and land on two • Jump - from one foot and land on the other • Take off from two feet and land on two feet • Choose a spot on the floor, take off and land on that spot (a) from 2 feet to 2 feet, (b) from 1 foot to 2 feet. • jump and turn in the air 	
<p>3.2.6 PARTNER WORK <i>mirroring</i></p> <ul style="list-style-type: none"> • Face partner – Mirror the action of partner 	

3.3 SWIMMING

Learning Outcome	Notes
<p>3.3.1.Kicking Practise using 4 Strokes with aids</p>	<p>Back stroke kick Use aid on tummy on head and arms stretched out. Kick alternately up and down, pointed toes, Kick from hip legs nearly straight. And no splashes.</p> <p>Freestyle kick Use aid with extended arms. Start with heel at surface kick from hip, knees slightly bend, pointed toes and heel only emerges</p> <p>Breast stroke kick Simultaneous action of legs, heels brought to seat hip width apart, feet turn outwards soles facing up Feet outwards slowly until fully extended</p> <p>Butterfly Kick Simultaneous up and down action, Kick up with legs extended and pointed toes. Down kick start kicking from hips in wave like manner.</p>
<p>3.3.2. Floating Practise moving in water unaided</p>	<p>Perform different shapes with parts of the body Lie on front with face out of the water. Lie on front with face in the water. Float on front and turn to back. Mushroom float, Star float.</p>
<p>3.3.3. Jumping Practise jumping in, water entry</p>	<p>In a shallow pool perform different types of jumps; 2 feet to 2 feet, 2 feet to 1 foot, 1 foot to 2 feet, 1 foot to the other, 1 foot to same foot.</p>

3.4 ATHLETICS

Learning Outcome	Notes
3.4.1. Walking/ Running	
Develop the concept of importance of speed in endurance events.	Running faster to open gap from opponents whilst saving energy till finish.
Shuttle Run Test**	 <p>Shuttle Run</p> <p>Maximum effort</p>
<i>Able to participate in intra-school Fun Athletics (IFTA). **</i>	
3.4.2. Sprinting	
Perform 30m-60m Dash with a dip at the finish.	Emphasize looking only straight in front when running; use of a dip over finish line to gain an extra advantage.
60m Sprint Test	Maximum effort
Balance Test. **	
<i>Able to participate in inter-schools Fun Athletics (IFTA). **</i>	
3.4.3. Hurdling:	
Use a dip over the finish line	Use of dipping over finish line to gain an advantage.
<i>Develop ability to participate in inter-schools Fun Athletics (IFTA). **</i>	
3.4.4. Jumping	
Jump for height	On the spot only (without run-up)
Vertical Jump Test**	 <p>Maximum effort</p>
3.4.5. Throwing	
Perform body-weight exercises.	Kneeling push-ups using a jerk (ply metric type).
Chest Push Test**	 <p>Maximum effort</p>

3.5 GAMES

<i>Learning Outcome</i>	<i>Notes</i>
<p>3.5.1. Racket Games: Practise striking a bouncing ball with an implement or hand</p>	<ul style="list-style-type: none"> • Let the ball fall from racket and catch it or hit it after the bounce • Taking turns, bounce the ball and hit upwards. After several bounces switch so holding the racket with palm facing downwards • Students in teams are behind each other facing the wall. First student lets the ball bounce and hits it against the wall, next student catches it with the racket and the hand and does the same and so on • Students are divided into teams. They are positioned at a distance from a basket. Each team tries to hit the ball with their rackets and into the basket
<p>3.5.2. Implement Games: Refine open stick passing and trapping. Perform slap-shot</p>	<p>Preparation for trapping. Absorption of the pass and follow-through Passing in general space and in different directions Stretching and twisting of upper body for slap-shot. Emphasis on weight transference Relationship of body parts while passing, trapping and performing the slap-shot With the other students while performing these skills Performing a strong and fast movement for the slap-shot</p>
<p>3.5.3. Team Games: Catching, Passing, chest, bounce and overhead.</p> <ul style="list-style-type: none"> • Elude a guard to wake a clear path between the guard & ball by using sudden changes in speed & directions and also size of step • Pass the ball to the player who got free from his/her guard. • Explain & show that the pass has to be in the space ahead of the receiver so that the ball & receiver reach the same point at the same time • Work on timing of passing so that receiver can catch the ball without having to alter direction • make best effort to catch every ball 	<ul style="list-style-type: none"> • Completing passes in a game situation takes two cooperative people • Passers have to take responsibility for making the throw catchable • Catchers have to think of partners as learners too so they have to adjust their position if needed • Make an extra effort as a thrower or a catcher to complete each pass (change speed or direction) (a missed pass will cause your work to stop, later it can cause the team to loose a game • Play 2 vs 1 and try to stay away from interceptor (do not let player in the middle so there is a clear path between player and the ball) • increase. to 2 vs 2, 3 vs 3 etc.

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| | <ul style="list-style-type: none">• Control force of pass so it can easily be received.• Change expected path of ball.• Pass quickly and move to an open space.• Concentrate on “follow through” after passing.• Get directly in the path of the ball.• Extend arms in front of body.• Curve fingers and keep eyes on the ball.• Pull the ball in towards body. |
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