



Year 3

PE Spring 1



This half term our PE lessons will be basketball and OAA

- ♦ Pupils will have two lessons of PE a week and will need warm clothes for the PE lessons.
- ♦ Please have the PE kit in school all week.
- ♦ Earrings must be removed or taped up, and long hair must be tied back.

**A Leader is someone who...**

Follows their dreams

is honest

shows kindness

encourages and empowers



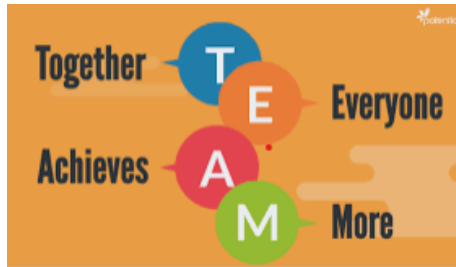
Takes turns

Helps others

treats everyone with respect

listens to others

**A Leader is someone like you!**



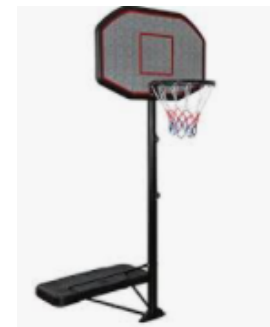
Vocabulary	Definition
Dribble	When we bounce the ball around the court to move to a different space.
Travel	Moving our feet with the ball without bouncing it.
Teamwork	Working together to complete a task.
Leader	The person who takes charge in the situation to complete the task.
Communication	How we speak to each other when working together.
Chest pass	The technique to pass the ball.
Invasion game	Basketball is an invasion game, we are trying to get the ball to opponents end of the court.

OAA stands for outdoor and adventurous activities.

We will be refining our listening, communication and teamwork skills.

We will be increasing our leadership qualities and learning what makes a good leader.

Have you tried any of these adventurous activities?



What are these pieces of equipment called?

**Before we learn our unit:**

1. What is the word we use when we move around the court bouncing the basketball?

Pass          Travel          Running          Dribble

2) What are the key points of a chest pass? Write 3

3. What makes a good leader?

**After we learn our unit:**

1. What is the word we use when we move around the court bouncing the basketball?

Pass          Travel          Running          Dribble

2) What are the key points of a chest pass? Write 3

3. What makes a good leader?