



# Outdoor Adventurous Activities

## Health and Wellbeing



**PE**  
Year 3

What is speed? How do we move at speed?  
What sports need a good level of speed?

Can I show how hand eye coordination works in sports game play?

What is circuit training? Can I work with a partner to push myself to complete a circuit task?

What is endurance? Can I work with a partner to push myself to complete an endurance task?

What is hand eye coordination? Why do we need to be able to see and move at the same time?

Can I explain how circuit training can improve endurance? Can I plan a 5-station circuit?

**Celebration/Evaluation**  
.Explain to a group the importance of agility, speed, hand eye coordination and endurance

**Key Vocabulary**  
Attacker, defender, speed, endurance, circuit. warm up

**What to revisit?**  
Year 1–2, HRE, movements, key terminology, importance of a warm up.