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| Year 3 National Curriculum Objectives | | |
| Autumn Term | Spring Term | Summer Term |
| **Athletics**   * Use running, jumping, throwing and catching in isolation and in combination.   **OAA**   * Take part in outdoor and adventurous activity challenges both individually and within a team. | **Gymnastics**   * Develop flexibility, strength, technique, control and balance.   **Invasion Games**   * Play competitive games, modified where appropriate and apply basic principles for attacking and defending. * Use running, jumping, throwing and catching in isolation and in combination. | **Striking and Fielding**   * Compare their performances with previous ones and demonstrate improvement to achieve their personal best. * Use running, jumping, throwing and catching in isolation and in combination. * Play competitive games, modified where appropriate and apply basic principles for attacking and defending.   **Dance**   * Perform dances using a range of movement patterns. |
| Year 3 Key Skills | | |
| **Athletics**   * Run, throw, jump * To perform the pull throwing action * To explore different running techniques * To perform the sling throw * To develop jumping actions * Select an appropriate running technique for distance * To perform a push throw   **OAA**   * To improve communication skills. * To improve ability to work with and trust others. * To undertake an adventure trail to develop communication skills. | **Gymnastics**   * Develop ways of travelling on hands and feet * Improve balance on small and large body parts * Create a sequence of travelling and balancing actions * To develop more challenging rolls * Develop Jump-Shape-Landing * Create a sequence of gymnastic actions * Recognise and evaluate their own and others success. * Perform gym actions using apparatus.   **Invasion Games**  **Basketball/Netball/Handball/ Tri Golf**   * Send and receive a ball * Send a ball and move into space * Send and receive in a simple game * Use more than one simple tactic * Evaluate success | **Striking and Fielding**   * To send a ball in a striking and fielding game * To receive a ball in a striking and fielding game * To evaluate success * To strike a ball in a striking and fielding game * Use simple tactics in a game   **Dance**   * Create movement using a stimulus * To explore dance movements and patterns * To work with a partner to create dance patterns * Show rhythm and expression * Precision in movement * To work co-operatively * Perform in front of others |
| Year 3 Curriculum Enrichment Opportunities | | |
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