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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.
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| 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
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| Year 3 Curriculum Enrichment Opportunities |
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