

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1 (sports day)	Summer 2
<b>Year 3</b>	<p><b>Fundamentals</b> Develop flexibility, strength, technique, control and balance. Use running, jumping, throwing and catching in isolation and combination.</p> <ul style="list-style-type: none"> <li>- Travel at different speeds.</li> <li>- Counter tension balances using equipment and peers.</li> <li>- Perform combinations of jumps (1 and 2 feet).</li> <li>- Develop chest, bounce, underarm and overarm throwing techniques.</li> <li>- Show body control and rhythm without equipment.</li> </ul>	<p><b>Orienteering (3 weeks)</b> Take part in outdoor and adventurous activity challenges both individually and as part of a team.</p> <ul style="list-style-type: none"> <li>- Explain ideas and opinions clearly, contributing to discussions.</li> <li>- Takes on a role and performs it to their best ability.</li> </ul> <p><b>Dance (3 weeks) - Haka</b> Performing dances using a range of movement patterns incorporating floor and air patterns.</p>	<p><b>Gymnastics</b> Develop flexibility, strength, technique, control and balance.</p> <ul style="list-style-type: none"> <li>- Counterbalances using equipment and peers.</li> <li>- Showing body controls and rhythm without equipment.</li> <li>- Use sequenced agility patterns as part of a group.</li> <li>- Perform jumps with a half turn.</li> <li>- Perform a short sequence on mats.</li> </ul>	<p><b>Irish Dance (3 weeks)</b> Performing dances using a range of movement patterns incorporating floor and air patterns.</p> <p><b>Orienteering (3 weeks)</b> Take part in outdoor and adventurous activity challenges both individually and as part of a team.</p> <ul style="list-style-type: none"> <li>- Vary their voice and use body language to communicate.</li> <li>- Can complete tasks as part of a group.</li> </ul>	<p><b>Fundamentals/ Athletics</b> Develop flexibility, strength, technique, control and balance. Use running, jumping, throwing and catching in isolation and in combination. Sports day event practice.</p> <ul style="list-style-type: none"> <li>- Travel at different speeds.</li> <li>- Perform combinations of jumps (1 and 2 feet).</li> <li>- Develop chest, bounce, underarm and overarm throwing techniques used in events.</li> <li>- Can complete tasks as part of a group.</li> <li>- Encourages and supports others.</li> </ul>	<p><b>Games</b> Play competitive games applying basic principles.</p> <ul style="list-style-type: none"> <li>- Attacking and defending decision making and anticipation 3 v 1 and 3 v 2.</li> <li>- Vary their voice and begin to use body language.</li> <li>- Can complete tasks as part of a group.</li> </ul>

	Focus of Lessons
<b>Hands (Doing)</b>	Physical Ability, Fitness Levels, Competitive, Techniques, Tactics, Problem Solving
<b>Head (Thinking)</b>	Knowledge, Understanding, Analysis, Feedback, Responsibility, Rules
<b>Heart (Behavioural)</b>	Communication, Leadership, Respect, Resilience, Effort, Confidence

