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| Year Group: 3 | Gymnastics | Dance | Ball skills | Throwing and catching | Athletics | Swimming |
|  | • To explore jumping techniques and link them with other gymnastic actions.  • To explore jumping techniques and to link them with other gymnastic actions.  • To select and adapt gymnastics actions to meet the task.  • To work with a partner or a small group to create a sequence that develops jumping skills.  • To improve the ability to choose appropriate actions when creating a sequence of gymnastic movements to music. | • To explore dance movements and create patterns of movement.  • To work with a partner to create dance patterns.  • To perform a dance with rhythm and expression.  • To use knowledge of dance to create a story in small groups.  • To develop precision of movement.  • To work co-operatively with a group to create a dance piece.  • To perform in front of others with confidence. | • To be aware of others when playing games.  • To choose the correct skills to meet a challenge.  • To perform a range of actions, maintaining control of the ball.  • To perform a range of catching and gathering skills with control.  • To master the basic catching technique.  • To catch with increasing control and accuracy.  • To master the basic throwing technique.  • To throw and hit a ball in different ways (e.g. high, low, fast or slow). • To apply skills and tactics in small-sided games.  • To identify and follow the rules of games. To choose and use simple tactics to suit different situations.  • To react to situations in ways that make it difficult for opponents to win. | . • To consolidate and develop a range of skills in striking and fielding.  • To develop and investigate different ways of throwing and to know when it is appropriate to use them.  • To consolidate and develop a range of skills in striking and fielding.  • To practise the correct technique for catching a ball and use it in a game.  • To consolidate and develop a range of skills in striking and fielding.  • To practise the correct batting technique and use it in a game situation.  • To consolidate and develop a range of skills in striking and fielding.  • To practise the correct technique for fielding and use it in a game situation.  • To consolidate the throwing, catching and batting skills already learned.  • To strike the ball for distance.  • To know how to play a striking and fielding game competitively and fairly. | • To run in different directions and at different speeds, using a good technique.  • To improve throwing technique.  • To reinforce jumping techniques.  • To understand the relay and passing the baton.  • To choose and understand appropriate running techniques.  • To compete in a mini- competition, recording scores. | To develop basic pool safety skills and confidence in water. To develop travel in vertical or horizontal position and introduce floats.  To develop push and glides, any kick action on front and back with or without support aids. To develop entry and exit, travel further, float and submerge. To develop balance, link activities and travel further on whole stroke. To show breath control. Introduction to deeper water. Treading water. |