

FUNS
 Invasion
 Dance
 Gymnastics
 Strike & field
 Athletics
 Net & wall
 OAA

- begin to throw a range of balls over arm
- explore static balancing and hold for a short period of time
- explore dynamic balance to agility including turns
- explore floor movement with control
- travel in different ways, showing clear transition using equipment
- jump with control in different ways
- catch balls of different sizes and can use a range of techniques
- throw a range of balls underarm at a target accurately

- change your body shape correctly for each jump
- perform a forward roll
- take off and land safely from jumps
- explain the correct form for each jump
- perform a tucked backward roll
- perform a sequence with a partner (3 steps).



The Year 3 Sports Person
I can...

- create movements linked to different emotions
- begin to use short snappy body movements
- begin to use slides
- begin to use side steps
- begin to use turns
- Use all of the above in motifs

- pass the ball with control and accuracy
- pass the ball over a range of distances
- demonstrate control whilst moving the ball
- change direction and speed whilst moving with the ball
- understand the job a defender and the job of an attacker
- know how to get free from a defender

- look up whilst passing to a teammate
- Participate in team games
- apply the basic principles of attacking and defending to a simple invasion game
- follow a game with specific rules
- work as a part of a team
- know when to use the right pass

- aim at a target
- know how to mark an opponent
- work with a partner to link actions to create and perform a dance montage
- begin to strike a ball in an intended direction
- begin to use the correct technique for overarm
- catch a range of balls with accuracy
- show awareness of others in running, chasing and avoiding other players

- vary the speed and level of my actions
- begin to create movements linked to different emotions.
- begin to improvise and create movements with a partner using a set stimulus.
- begin to use a range of fielding techniques: eye on the ball, leg block, over arm throw, passing to teammates
- make simple decisions about when and where to run

perform a cartwheel

practise existing running and jumping skills.

sprint effectively and begin to explain the technique

begin to sprint with fluency over hurdles

jump for distance and begin to explain the technique for the standing long jump

practise throwing underarm and over arm

begin to learn different push throw techniques

Standing long jump competition.

Throwing distance competition With support from class teacher pupils can be begin to measure own distance

hold a bat / racket correctly and begin to describe how to hold the racket

begin choose an appropriate object for the task

begin to hit a ball back and forwards to a teacher / partner

begin to hit a ball over a net to continue a rally

begin to learn different strokes e.g. under arm, over arm, forehand, backhand

apply these to an individual or team game

begin choose and use tactics to suit different situations for example field positions and where to hit the ball

begin to work effectively with others to complete a task

begin to communicate effectively

begin to follow multi-step instructions

begin to solve a range of problems when working with others

begin to follow a set of directions correctly

begin to give clear and precise directions for someone else to follow

begin choose and use tactics to suit different situations

begin to adapt to the rules of different games

begin to follow simple maps

begin to know what orienteering is

begin to know and understand a range of map symbols