

Year 3

Dance

To create dance phrases that communicate ideas.

To share and create dance phrases with a partner and in a small group.

Gymnastics

To use a greater number of their own ideas for movements in response to a task.

To adapt sequences to suit different types of apparatus and their partner's ability.

Invasion Games

To throw and catch with control to keep possession and score 'goals'.

To know and use rules fairly to keep games going.

Net Games

To keep up a continuous game, using a range of throwing and catching skills and techniques.

To use a small range of basic racket skills.

Striking and Fielding

To use a range of skills, e.g. throwing, striking, intercepting and stopping a ball, with some control and accuracy.

Athletics

To run at fast, medium and slow speeds, changing speed and direction.

To take part in a relay activity, remembering when to run and what to do.

To throw a variety of objects, changing their action for accuracy and distance.

Outdoor Adventurous Activities

To work as part of a team to complete challenges.

To be able to use a simple map to complete a problem.

Healthy Lifestyle

To identify some muscle groups used.

To explain what they need to do to get ready to play games.

To recognise when their heart rate, temperature and breathing rate have changed.

To carry out warm ups with care and an awareness of what is happening to their bodies.

Swimming

To develop basic pool safety and confidence in water.

Can swim at least 25 metres.

Can use different strokes when swimming on my front or back.