

Year 3	Autumn 1 Netball / Assessments	Autumn 2 Hockey / Football	Spring 1 Circuits / Rugby	Spring 2 Gymnastics / basketball	Summer 1 Rounders / athletics	Summer 2 Cricket / assessments
	<p>Netball -</p> <p>Throw, catch and gather in different ways (e.g. high, low, fast, slow, forwards, backwards) with greater control and accuracy.</p> <p>Pass the ball in two different ways in a game situation with some success.</p> <p>Begin to choose and use the best space in a game to support teammates.</p> <p>Use simple attacking and defending skills in a game.</p> <p>Know how to keep and win back possession of the ball in a team game.</p> <p>Assessments –</p> <p>Show good technique of standing long jump (how was take off and how we land)</p> <p>Show good technique of how we perform a vortex throw with a good distance.</p> <p>Showing good technique during the beep test and</p>	<p>Hockey –</p> <p>Understand the correct hand positioning</p> <p>Begin to choose and use the best space in a game to support teammates.</p> <p>Using flat side of hockey sticks to push</p> <p>Use simple attacking and defending skills in a game.</p> <p>Know how to keep and win back possession of the ball in a team game, under limited pressure.</p> <p>With a stationary ball, demonstrate successful hitting and pushing skills in hockey.</p> <p>Football –</p> <p>Be able to use both feet to move or manipulate the ball.</p> <p>Pass the ball with inside of foot with accurately.</p> <p>With a stationary ball, be able to strike or shoot the ball at a target.</p> <p>Be able to slow the ball down and control it using the sole and inside of the foot</p>	<p>Rugby –</p> <p>Throw, catch and gather in different ways (e.g. high, low, fast, slow, forwards, backwards) with greater control and accuracy.</p> <p>Pass the ball in two different ways in a game situation with some success.</p> <p>Move with the ball, changing direction, with some control, using at least two in a game.</p> <p>Begin to choose and use the best space in a game to support teammates.</p> <p>Use simple attacking and defending skills in a game.</p> <p>Know how to keep and win back possession of the ball in a team game, under limited pressure.</p> <p>Circuits-</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Practice and demonstrate the correct technique for the specific exercises.</p> <p>Develop the quality of the actions in their activity.</p>	<p>Gymnastics -</p> <p>Link combinations of action with increasing confidence, including changes of direction, speed or level.</p> <p>Begin to use apparatus to vault.</p> <p>Perform learnt skills and techniques elegantly, with control and confidence.</p> <p>Move with coordination, control and care.</p> <p>Develop the quality of their actions, shapes and balances</p> <p>Begin to show flexibility in movements.</p> <p>Choose ideas to compose a movement</p> <p>Sequence independently and with others, completing the same movements in unison or face to face mirroring.</p> <p>Structure sequences of actions and skills in different orders to improve performance</p> <p>Develop the quality of the actions in their performances.</p> <p>Basketball:</p> <p>Being able to dribble with the ball with one hand using finger tips.</p> <p>Throw, catch and gather in different ways (e.g. high, low, fast, slow, forwards, backwards) with greater control and accuracy.</p> <p>Pass the ball in two different ways in a game situation with some success.</p>	<p>Rounders-</p> <p>Becoming comfortable with successful striking skills on both a moving and stationary ball, including striking for distance.</p> <p>Use fielding skills to stop a ball from travelling past them.</p> <p>Throw a ball in different ways (e.g. high, low, fast or slow).</p> <p>Practise the correct technique for catching a ball.</p> <p>Find a useful space and get into it to support teammates.</p> <p>Throw with greater control and accuracy, including overarm and push.</p> <p>Continue to develop techniques to throw for increased distance</p> <p>Athletics-</p> <p>Be able to watch and use the techniques of athletics.</p> <p>Be able to jump and land with both knees bent.</p> <p>Be able to understand and use the (L, T KNEE) sprint start position.</p> <p>Be able to effectively and safely use the shot-put technique.</p> <p>Be able to safely and effectively use the discuss technique.</p>	<p>Demonstrate a safe and effective overarm bowl.</p> <p>Becoming comfortable with successful striking skills on both a moving and stationary ball, including striking for distance.</p> <p>Use fielding skills to stop a ball from travelling past them.</p> <p>Throw a ball in different ways (e.g. high, low, fast or slow).</p> <p>Practise the correct technique for catching a ball.</p> <p>Find a useful space and get into it to support teammates.</p> <p>Throw with greater control and accuracy, including overarm and push.</p> <p>Continue to develop techniques to throw for increased distance.</p>

	<p>understanding when to stop</p> <p>Showing good speed and good acceleration with the 80-meter sprint.</p>	<p>Move the ball. changing direction with some control.</p> <p>Understand how to tackle safely.</p> <p>Understand how to win back the possession.</p> <p>Use simple attacking and defending skills in a game.</p>	<p>Understanding how to improve 3 or more component of fitness (agility, balance, co-ordination, speed, strength, endurance)</p> <p>To be able to hold a position for a time of 10-15 seconds (Plank)</p> <p>To be able to maintain correct technique even when tiring.</p>	<p>Move with the ball, changing direction, with some control, using at least two in a game.</p> <p>Use different ways of travelling with a ball, varying the speed to suit the situation.</p> <p>Begin to choose and use the best space in a game to support teammates.</p> <p>Use simple attacking and defending skills in a game.</p> <p>Know how to keep and win back possession of the ball in a team game, under limited pressure.</p>	<p>Be able to understand how to breathe correctly while running a bigger distance.</p>	<p>Assessments –</p> <p>Show good technique of standing long jump (how was take off and how we land)</p> <p>Show good technique of how we perform a vortex throw with a good distance.</p> <p>Showing good technique during the beep test and understanding when to stop</p> <p>Showing good speed and good acceleration with the 80-meter sprint.</p>
	<p><u>Netball Skills-</u></p> <ul style="list-style-type: none"> • Stance • Passing • Movement without the ball • Receiving the ball • Shooting • Defending • Rules of netball • Match play (without positions) 	<p><u>HOCKEY SKILLS</u></p> <ul style="list-style-type: none"> • STANCE AND GRIP • DRIBBLING • PASSING • RECEIVING THE BALL • TACKLING • SHOOTING • RULES OF HOCKEY • 1V1 SIUTATIONS • MATCH PLAY <p><u>Football skills</u></p> <ul style="list-style-type: none"> • Passing 	<p><u>TAG RUGBY SKILLS</u></p> <ul style="list-style-type: none"> • PASSING • RECECVING OF THE BALL • MOVEMENT • BALL HANDLING • TAGGING & DEFENDING • SCORING TRYIS • INTERCEPTING • SMALL SIDED GAMES • RULES OF TAG RUGBY • MATCH PLAY <p><u>Circuit skills</u></p> <ul style="list-style-type: none"> • Using correct technique 	<p><u>Gymnastics skills</u></p> <ul style="list-style-type: none"> • Rolling • Balancing • 4-point balances • Jumping • Straight jump <p><u>Basketball Skills</u></p> <ul style="list-style-type: none"> • Dribbling • Passing • Movement • Shooting • Defending • Receiving the ball 	<p><u>Rounders skills</u></p> <ul style="list-style-type: none"> • Passing • Receiving of the ball • Ball Handling • Striking the ball • Throwing • Catching • Rules of rounders • Match play <p>Athletics</p> <ul style="list-style-type: none"> • Running • Jumping (single and double leg) • LT, KNEE position • Throw (Javelin, Shot put, discus) • Demonstrate being able to pace 	<p><u>Cricket skills</u></p> <ul style="list-style-type: none"> • Passing • Receiving of the ball • Ball Handling • Throwing • Striking of the ball • Catching • Rules of rounders • Match play

		<ul style="list-style-type: none"> • Dribbling • Movement • Tackling • Defending • Striking • Control over ball • Rules of the game • Match play 	<ul style="list-style-type: none"> • Being able to maintain technique while tired • Being able to demonstrate the exercises effectively • 	<ul style="list-style-type: none"> • Rules of the game • Match play 	<ul style="list-style-type: none"> • yourself during cross country • Maintain technique when becoming tired. 	
Game skills	<p>Be able to use and understand the rules of the game effectively.</p> <p>Link Skills you have learned during Lessons and perform them during match play to the best of your ability.</p>	<p>Be able to use and understand the rules of the game effectively.</p> <p>Link Skills you have learned during Lessons and perform them during match play to the best of your ability.</p>	<p>Be able to use and understand the rules of the game effectively.</p> <p>Link Skills you have learned during Lessons and perform them during match play to the best of your ability.</p>	<p>Be able to use and understand the rules of the game effectively.</p> <p>Link Skills you have learned during Lessons and perform them during match play to the best of your ability.</p>	<p>Be able to use and understand the rules of the game effectively.</p> <p>Link Skills you have learned during Lessons and perform them during match play to the best of your ability.</p>	<p>Be able to use and understand the rules of the game effectively.</p> <p>Link Skills you have learned during Lessons and perform them during match play to the best of your ability.</p>