**Indoor: Teachers** **Year 3**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **3** | **Gymnastics:** jumping  techniques and link with other gymnastic actions, work with partner/small groups to create sequences that develops jumping skills. Creation of short gym sequences with music. | **Fitness: Gross Motor/Circuit**  Develop ABC (agility, balance and co-ordination) of different body parts- legs, core, arms, aerobic. Create different stations to complete activities to strengthen core muscle groups | **Dance:** create patterns of movements, different ways to travel around space (gallop, jump, glide, jazz runs), work with a partner to create sequence, rhythm and expression. | **Invasion games: Basketball** Throw and hit a ball in different ways (high, low, fast, slow) dribbling around an object or opponent with control, passing and stopping. | **Dance:** create patterns of movements, different ways to travel around space (gallop, jump, glide, jazz runs), work with a partner to create sequence, rhythm and expression. | **Gymnastics:** jumping  techniques and link with other gymnastic actions, work with partner/small groups to create sequences that develops jumping skills. Creation of short gym sequences with music. |

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **3** | **Ball Skills:**  Throw and hit a ball in different ways (high, low, fast, slow) dribbling around an object or opponent with control, passing and stopping. | **Invasion games: Hockey.**  Throw and hit a ball in different ways (high, low, fast, slow) dribbling around an object or opponent with control, passing and stopping. | **Invasion games: Football.**  Throw and hit a ball in different ways (high, low, fast, slow) dribbling around an object or opponent with control, passing and stopping. | **Net and Wall Games: Tennis:** develop comfortable hold of tennis racket and ball, get the ball into play, accurately serve underarm and overarm, build up a rally- focusing on accuracy of shots, learn a variety of shots to use in game situation and when to use them effectively, play a competitive tennis game. | **Striking and fielding Games**: **Cricket**  Develop ways to throw- (overarm, underarm, bowling) correct batting and catching technique. Striking ball for distance. Fielding techniques. | **Multi-Skills and Athletics:** sport day prep. Practise/Focus one station during one single lesson. Bat and ball relay, throw clap and catch, slalom run, standing long jump  can catch numerous sized items, Shows control over an object in throwing, catching or kicking it in isolation and to a partner. Good control and co-ordination in large movements |

**Indoor: Teachers/Coaches**