

Year 3	Term 1		Term 2		Term 3	
Indoor	Dance		Gymnastics		Athletics	
	Louise Coates to teach		<ul style="list-style-type: none"> • Basic Rotation. • Basic Flight. • Transfer of weight. • Aparatus. • Choreographing routines. 		<ul style="list-style-type: none"> • Sprint starts. • Developing speed. • Jumping. • Throwing for accuracy. 	
Outdoor	Gymnastics (Hall)	Football	Tag Rugby	Netball	Cricket	Rounders
	<ul style="list-style-type: none"> • Rotation • Balance – Individually, assisted, pairs, groups. • Safety of moving and using apparatus • Vaulting – Using a springboard, how to jump on and off of a box. 	<ul style="list-style-type: none"> • Skills based practices – dribbling and passing. • Applying basic games rules in games and practices. • 	<ul style="list-style-type: none"> • Conditioned games to develop skills. • Small sided games to focus on attack and defence. • Sportsmanship – Take on different roles in class. Umpire, coach, equipment manager, 		<ul style="list-style-type: none"> • Use a variety of equipment to demonstrate consistency of striking a ball with a bat. • Fielding a ball using a long barrier. • Throwing for accuracy. 	