

Concepts	Resilience	Begin to develop skills to overcome hurdles and accept defeat in sport	
	Cooperation and Courtesy	Work well as whole class and show support for team members and opposing team members.	
	Health (mental and physical)	Understand that mental wellbeing is a normal part of daily life, in the same way as physical health	
	Competition	Set own goals and push self to achieve personal bests.	
Gymnastics	NC: Develop flexibility, strength, technique, control and balance		
Skills	<ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Refine movements into sequences. • Show changes of direction, speed and level during a performance. 		
Vocabulary	balance, shape, roll, turn, linking movements, expression, levels, sequence, perform		
Recap from Y2	<ul style="list-style-type: none"> • Move with some control and awareness of space. • Link two or more actions to make a sequence. • Stretch and curl to develop flexibility. • Jump in a variety of ways and land with increasing control and balance. 		
Dance	NC: Perform dances using a range of movement patterns		
Skills	<ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Refine movements into short sequences. • Change speed and levels within a performance. • Develop physical strength 		
Vocabulary	performance, sequence, movements, speed, levels, strength, balance		
Recap from Y2	<ul style="list-style-type: none"> • Move with careful control and coordination. • Link two or more actions to perform a sequence. 		
Competitive Games	NC: Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending		
Skills	<ul style="list-style-type: none"> • Throw and catch with control and accuracy. • Strike a ball and field with control. • Follow the rules of the game and play fairly. • Pass to team mates at appropriate times. • Act as a respectful team member. 		
Vocabulary	throw, catch, rally, control, rules, teamwork		

Recap from Y2	<ul style="list-style-type: none"> • Develop tactics. • Lead others when appropriate. 	
Athletics	NC: Use running, jumping, throwing and catching in isolation and in combination	
Skills	<ul style="list-style-type: none"> • Sprint over a short distance. • Run over a longer distance, conserving energy in order to sustain performance. • Use a range of throwing techniques (such as under arm, over arm). • Throw with accuracy to hit a target or cover a distance. • Jump in a number of ways. • Compete with others and aim to improve personal best performances. 	
Vocabulary	run, sprint, throw, jump, distance, personal best. compete	
Recap from Y2	<ul style="list-style-type: none"> • Develop tactics. • Lead others when appropriate. 	
Swimming	<p>NC: Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>NC: Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>NC: Perform safe self-rescue in different water-based situations.</p>	
Activity	Year 3 have swimming lessons over a term at a local swimming pool.	
Outdoor and adventurous activities	NC: Take part in outdoor and adventurous activity challenges both individually and within a team	
Skills	<ul style="list-style-type: none"> • Arrive properly equipped for outdoor and adventurous activity. • Understand the need to show accomplishment in managing risks. • Show an ability to both lead and form part of a team. • Support others and seek support if required when the situation dictates. • Show resilience when plans do not work and initiative to try new ways of working. • Use maps, compasses and digital devices to orientate themselves. • Remain aware of changing conditions and change plans if necessary. 	
Activity	Year 3 visit Creswell Craggs for team building activities outdoors	