



As a Year 3 Athlete I will know...

<p>A t h l e t i c s</p>	<p>Running: that leaning slightly forwards helps to increase speed and that leaning my body in the opposite direction to travel helps to slow down.</p> <p>Jumping: that if I jump and land in quick succession, the momentum will help me to jump further.</p> <p>Throwing: that the speed of the movement helps to create power.</p> <p>Rules: the rules of the event and begin to apply them.</p>	<p>G y m n a s t i c s</p> <p>Shapes: how to use body tension to make my shapes look better.</p> <p>Balances: that I can make my balances look interesting by using different levels.</p> <p>Rolls: the safety considerations when performing more difficult rolls.</p> <p>Jumps: that I can change the take off and shape of my jumps to make them look interesting.</p> <p>Strategy: that if I use different levels it will help to make my sequence look interesting.</p>	<p>D a n c e</p> <p>Actions: that sharing ideas with others enables my group to work collaboratively and try ideas before deciding on the best actions for our dance.</p> <p>Dynamics: that all actions can be performed differently to help to show effect.</p> <p>Space: that I can use space to help my dance to flow.</p> <p>Relationships: that 'formation' means the same in dance as in other activities such as football, rugby and gymnastics.</p> <p>Performance: that I can use timing techniques such as canon and unison to create effect.</p> <p>Strategy: that if I show sensitivity to the music, my performance will look more complete.</p>	<p>F i t n e s s</p> <p>Agility: how agility helps us with everyday tasks.</p> <p>Balance: how balance helps us with everyday tasks.</p> <p>Co-ordination: how co-ordination helps us with everyday tasks.</p> <p>Strength: that when completing strength activities, they need to be performed slowly and with control to help me to stay safe.</p> <p>Stamina: understand how stamina helps us in other life activities.</p>
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<p style="text-align: center;">F o o t b a l l</p>	<p>Sending & receiving: that pointing my foot to my target on release will help me to send a ball accurately.</p> <p>Dribbling: that dribbling is an attacking skill which helps us to move towards a goal or away from defenders.</p> <p>Space: that by spreading out as a team we move the defenders away from each other.</p> <p>Attacking and defending: my role as an attacker and defender.</p> <p>Tactics: that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession.</p>	<p style="text-align: center;">H o c k e y</p> <p>Sending & receiving: that pointing my stick to my target on release will help me to send a ball accurately.</p> <p>Dribbling: that dribbling is an attacking skill which helps us to move towards a goal or away from defenders.</p> <p>Space: that by spreading out as a team we move the defenders away from each other.</p> <p>Attacking and defending: my role as an attacker and defender.</p> <p>Tactics: that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession.</p>	<p style="text-align: center;">C r i c k e t</p> <p>Striking: know that striking to space away from fielders will help me to score.</p> <p>Fielding: to look at where a batter is before deciding what to do and to communicate with teammates before throwing them a ball.</p> <p>Throwing: that overarm throwing is used for long distances and underarm throwing for shorter distances.</p> <p>Catching: to move my feet to the ball.</p> <p>Tactics: that using simple tactics will help my team to achieve an outcome e.g. we will spread out to deny space.</p>	<p style="text-align: center;">T e n n i s</p> <p>Shots: that pointing the racket face/my hand where I want the ball to go and turning my body will help me to hit accurately.</p> <p>Rallying: that hitting towards my partner will help them to return the ball easier and keep the rally going.</p> <p>Footwork: that moving to the middle of my court will enable me to cover the most space.</p> <p>Tactics: that using simple tactics will help to achieve an outcome e.g. if we spread out, we can cover more space.</p>
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<p>N e t b a l </p>	<p>Sending & receiving: that pointing my hands to my target on release will help me to send a ball accurately.</p> <p>Space: that by spreading out as a team we move the defenders away from each other.</p> <p>Attacking and defending: my role as an attacker and defender.</p> <p>Tactics: that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession.</p>	<p>R u g b y</p>	<p>Sending & receiving: that pointing my hands to my target on release will help me to send a ball accurately.</p> <p>Space: that by spreading out as a team we move the defenders away from each other.</p> <p>Attacking and defending: my role as an attacker and defender.</p> <p>Tactics: that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession.</p>	<p>I n c l u s i v e S p o r t s - N e w A g e K u r l i n g</p>	<p>that Curling is a Paralympic sport (consisting of 4 red, 4 blue and target).</p> <p>what stones are and that the centre of a target is called a bull.</p> <p>that a shot/throw is called a roll.</p> <p>how to score points on a target.</p> <p>that the coloured stone closest to the centre of the target after all the rolls win.</p> <p>that a stone must be rolled from behind a line.</p>	<p>O A A</p>	<p>Problem solving: know that trying ideas before deciding on a solution will help us to come up with the best idea.</p> <p>Navigational skills: know to hold the map so that the items on the map match up to the items that have been placed out.</p> <p>Communication: know to take turns when giving ideas and not to interrupt each other.</p> <p>Reflection: reflect on when and why I am successful at solving challenges.</p> <p>Rules: know that using the rules honestly will help to keep myself and others safe.</p>
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As a Year 3 Athlete I can...



<p>A t h l e t i c s</p>	<p>develop the sprinting technique to improve performance.</p> <p>develop changeover in relay events.</p> <p>develop jumping technique in a range of approaches and take off positions.</p> <p>develop throwing for distance and accuracy.</p> <p>develop throwing for distance in a pull throw.</p>	<p>G y m n a s t i c s</p> <p>create interesting point and patch balances.</p> <p>develop stepping into shape jumps with control.</p> <p>develop the straight, barrel, and forward roll.</p> <p>transition smoothly into and out of balances.</p> <p>create a sequence with matching and contrasting actions and shapes using equipment.</p>	<p>D a n c e</p> <p>create actions in response to a stimulus and move in unison with a partner.</p> <p>understand how dynamics affect the actions performed and use actions to represent an idea.</p> <p>remember and repeat actions, using dynamics to clearly show different phrases.</p> <p>understand and use formations, choosing poses which relate to the stimulus.</p> <p>use transitions and changes of timing to move into and out of shapes.</p>	<p>F i t n e s s</p> <p>develop an awareness of what my body is capable of.</p> <p>develop speed and strength.</p> <p>complete actions to develop co-ordination.</p> <p>complete actions to develop agility.</p> <p>complete actions to develop balance and stamina.</p>
<p>F o o t b a l l</p>	<p>develop my controlling of the ball and dribbling under pressure.</p> <p>develop passing to a teammate.</p> <p>control the ball with different parts of the body.</p> <p>change direction with the ball using an inside and outside hook</p> <p>track an opponent to develop my tactics.</p>	<p>H o c k e y</p> <p>develop sending the ball with a push pass.</p> <p>develop receiving the ball.</p> <p>develop dribbling using the reverse stick (Indian dribble).</p> <p>develop moving into space after passing the ball.</p> <p>use an open stick tackle to gain possession.</p> <p>apply defending and attacking principles and skills in a hockey match.</p>	<p>C r i c k e t</p> <p>develop overarm throwing and catching.</p> <p>develop underarm bowling.</p> <p>grip the bat and develop my batting technique.</p> <p>field a ball using a two handed pick up and a short barrier.</p> <p>develop overarm bowling technique.</p>	<p>T e n n i s</p> <p>develop racket and ball control.</p> <p>develop returning the ball using a forehand groundstroke.</p> <p>rally using a forehand.</p> <p>develop the two handed backhand.</p> <p>develop playing against an opponent.</p>



<p>N e t b a l</p>	<p>develop passing and moving and play within the footwork rule.</p> <p>develop passing and moving towards a goal.</p> <p>develop movement skills to lose a defender.</p> <p>defend an opponent and try to win the ball.</p> <p>develop the shooting action.</p>	<p>R u g b y</p>	<p>develop throwing, catching and running with the ball.</p> <p>develop an understanding of tagging rules.</p> <p>begin to use the 'forward pass' and 'off side' rule.</p> <p>dodge a defender and move into space when running towards the goal.</p> <p>develop defending skills and use them in a game situation.</p>	<p>I n c l u s i v e S p o r t s - N e w A g e K u r l i n g</p>	<p>roll a Kurling stone accurately.</p> <p>change the weight being a roll to improve accuracy.</p> <p>roll a stone hitting another stone out of the way at different angles.</p> <p>roll a stone so it gets in the way of an opponent's stone.</p> <p>play a Kurling game using tactics.</p>	<p>O A A</p>	<p>develop co-operation and teamwork skills.</p> <p>develop trust and team work.</p> <p>involve all team members in an activity and work towards a collective goal.</p> <p>develop trust whilst listening to others and following instructions.</p> <p>identify objects on a map, draw and follow a simple map.</p> <p>orientate a map and navigate around a grid.</p>
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