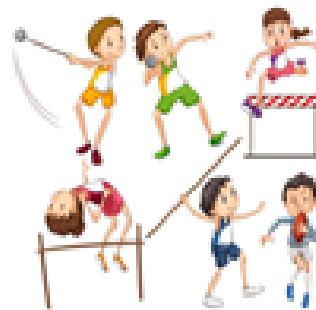


Key Learning

-Athletics is the name for a number of different sports that require strength, endurance and skill. Athletics includes track and field events.

-Track events involve running and sprinting. Examples are the 100 metre sprint and hurdles.

-Field events often use skills like jumping and throwing. Examples include the shotput throw and the long jump.



**SKILLS**

- I can develop a good technique for running.
- I can develop speed over a short distance.
- I can develop stamina over a longer distance.
- I can perform a changeover while moving.
- I can develop good technique for jumping for distance.
- I can develop good technique for jumping for height.
- I can develop good technique for throwing for distance.

Key Vocabulary

Pacing Runs	To run at a speed that conserves some energy for later use. To alter my pace, depending on context.
Sprinting	To run as quickly as possible over a short distance.
Jumping, hopping and leaping.	To launch both off the floor at the same time.
Triple Jump	To launch something heavy with force from the hand (in a number of different ways).
Relay running	A team race, each runner completes part of the distance.

# Year 3: DANCE

## Key Learning

Dance is all about moving our bodies to a musical rhythm. There are many different types of dance.



In dance, we explore space, and consider how we can use our bodies to show ideas, moods, characters and feelings.

Throughout KS2 dance, we learn how to copy and create actions in response to different ideas and themes. We should also consider how our use of space and timing can create different effects. We can use choreographing to change and adapt ideas.



Using opposites with partners can help us to create a symmetrical 'mirror' effect that is pleasing on the eye. Consider how movements/actions complement your partners movements/ actions.



Consider how actions look together. Marks for quality, control, and how in time (coordinated) you are with music/ your partner/s and/or teams.

### SKILLS

- I can follow simple dance movements.
- I can develop my own dance moves as part of a routine.
- I can use dance to communicate an idea.

## Key Vocabulary

Theme	The content that informs a piece of choreography
Choreograph	To make a dance, designing each move for a dancer to perform
Routine	A set of movements that form part of a performance
Timing	Moving to the beat of the music
Mirroring	To perform a movement facing your partner at exactly the same time
Facial Expression	To use your face to show ideas and emotions
Sequence	To put actions together.

Year 3:

Gymnastics

### Key Learning

- Gymnastics is a sport in which we perform exercises that need strength, balance, flexibility and control.
- Skills include: running, jumping, balancing, stretching, bending and tumbling.



### SKILLS

- I know key shapes to use in gymnastics.
- I know a variety of ways to travel around a space.
- I know a variety of jumps.
- I know a variety of rolls.
- I can repeat, remember and perform a sequence.
- I can work with a partner to create, repeat and improve a sequence.
- I can create and share my own sequences.

### Key Vocabulary

Apparatus	The equipment on which gymnastic moves are performed.
Vault	A piece of gymnastic equipment that is designed to be either jumped on or jumped over.
Springboard	A platform that a gymnast jumps on to propel themselves further.
Agility table	A surface on which gymnasts balance and move around.

Year 3:

Rounders

### Key Learning

-Rounders is a bat and ball game played between two teams. It is a striking and fielding game.

-It involves batting, (hitting a ball with a bat) and running around a circuit of bases.

-Opponents use fielding to prevent the batter running around the circuit. This involves catching, tracking and stopping the ball, and throwing it to others.

-When fielding, it is important to work as a team, thinking about our position & the position of others.



### SKILLS

- I can develop correct technique for an overarm throw.
- I can develop using correct technique to bowl underarm
- I can develop using throwing and catching skills when fielding.
- I can develop striking a ball when bowled to.
- I can develop basic fielding strategies.
- I begin to understand the basic rules of rounders.

### Key Vocabulary

Batting	To strike the ball away from you with the surface of the bat.
Fielding	To stop a ball so that it is no longer moving. To return it to teammates to prevent runs.
Bowling	To send the ball through the air from your hand.
Catching	To take hold of the ball in your hands before it bounces.
Running between bases	To get to a base before the ball arrives there.

Year 3:

## Tag Rugby

### Key Learning

-Tag Rugby is an invasion game in which two teams play against each other.

- In tag rugby, players carry the ball using their hands. The aim is to ground the ball in goal areas.

-Teams have six plays to do so: being 'tagged' when in possession of the ball ends one play.

-The ball can only be passed backwards or sideways to teammates, but can be kicked forwards (the receiver must be behind the ball).



### SKILLS

- I can develop control when dribbling using hands.
- I can develop sending and receiving using hands.

### Key Vocabulary

Passing	To send the ball to a teammate by throwing it to them.
Catching	To receive and hold possession of the ball with the hands.
Carrying	To move with the ball in your hands.
Tagging	To touch the player in possession of the ball.
Supporting	To help a teammate who has the ball.

## Year 3:

### Tennis

#### Key Learning

-Tennis is a fast-paced net game played using a strung racquet and a tennis ball.

-The goal of tennis is to strike the ball with the racquet over the net and into the opponent's court. A point is won when the opponent cannot return the ball.

-Tennis can be played between two people (singles) or four people in teams of two (doubles). Tennis can be played on grass, clay and hard courts. A tennis court has different markings for singles and doubles matches.



#### SKILLS

- I can develop positioning when receiving a ball.
- I can develop hitting a ball using my hand
- I can develop hitting a ball with a racket.
- I can develop hitting a bouncing ball
- I can develop hitting a ball back to a target.
- I begin to develop hitting a ball as part of a rally.

#### Key Vocabulary

The ready position	To be prepared to act when the ball is approaching you.
Forehand	A shot with the palm of the hand facing in the direction of the target.
Two-handed backhand	A shot with the back of the hand facing the target.
Underarm serve	Starting a point fairly.
Placing shots	Aiming your shots in difficult places for the opponent to return.