

Year 3	Autumn Term OAA Autumn B			Spring Term			Summer Term		
Duration	Unit	Learning focus	Assessment focus	Unit	Learning focus	Assessment focus	Unit	Learning focus	Assessment focus
1 st half term	OAA	Social Skills.	To Cooperate with peers and work as a team.	Gymnastics (Unit 14) Core Task Gymnastics Activity 6	Travelling and balancing Safety	Learning to travel and balance on different body parts. Showing body tension. To work safely on apparatus	SAQ	Agility and speed.	Fast Feet
1 st half term	Dance (unit 8/9) No Core Task Activity 3 Make dance that looks like machinery. (Matalan card Machinery 7 or lottery 4)	Coordination Creativity	Keep in time. To use different levels, body parts and speeds. Develop own ideas.	Multi Skills (Multi skill festival event pack)	Agility Balance Coordination	Challenging and development of ABC	Athletics (Unit 17) Core task Athletics Activity 6	Use different throwing technique Jumping Runng	Use sling push under and overarm

2 nd Half Term	Invasion Football (Unit 10) Core Task Invasion Activity 2)	Moving with the ball (dribbling) Attack and defend Social skills	Controlling the ball. Attack and defend with accuracy. e.g. listening, teamwork, praise,	Invasion (uni hoc) Core Task Invasion Games Activity 3	Cognitive attacking skills with aim to score a goal.	Use a range of techniques to pass a ball. Move into position to receive. Move to intercept.	Net /Wall Tennis Badminton Unit 3 Core Task Net/wall games (Unit 13) Activity 2 and 3	Hitting a ball accurately.	To show ready position and use forehand shot.
2 nd Half Term	Dance (Unit 8/9) No core task (Matalan Card 15 Bollywood	Different methods of travel and use of pathways Respect	Use of heels, turns, steps, Slides Travel diagonally forwards sideways and backwards. Indian culture	Gymnastics (Unit 14) Core Task Gymnastics Activity 7	Create a sequence of 6 elements including Balancing	Balance on 4,3,2,1, body part within a sequence of movements	Strike Field Rounders (Unit 12) Core Task Strike and field Activity 2	Striking the ball Decision making Retrieving a ball	Striking into space When to run between bases and fluently Different throwing techniques