



Games



Gymnastics



Dance



Athletics



Outdoor and Adventurous

...throw and catch with control.

...follow a route safely.

...show awareness of space and use it to support team-mates and to cause problems for the opposition.

...use clues to follow a route.



...follow a map in a familiar context.

...understand and use rules fairly.

...take part in a relay, remembering when to run and what to do.

The Year 3 Sports Person
'I can...'

...adapt sequences to suit different types of apparatus and criteria.

...run at fast, medium and slow speeds; changing speed and direction.

...explain how strength and suppleness affect performance.

...repeat, remember and perform phrases.

...share and create phrases with a partner and a small group.

...compare and contrast gymnastic sequences.

...improvise freely and translate ideas from a stimulus into movement.