



# Year 3

## Unit Overviews

Unit:	Overview:
<b>Core Unit 1: Athletics</b>	<p><b>Skills: Balance, Co-ordination, Team Work, Agility</b></p> <p>In this unit, the children will continue to build on skills learnt in KS1. They will focus heavily on using the correct running technique to enable them to develop their speed and control when running. During this unit, they will also continue to practice using the correct javelin and long jump techniques, focusing on control and accuracy.</p>
<b>Core Unit 2: Gymnastics</b>	<p><b>Skills: Balance, Co-ordination, Jumping, Spatial Awareness</b></p> <p>During this unit the children will develop skills in how to jump with a <math>\frac{1}{4}</math> and <math>\frac{1}{2}</math> turn with control. They will perform different types of hops on the ground and using apparatus, as well as perform controlled matching and mirroring balances with a partner. Towards the end of the unit, the children will perform a sequence using different levels and showing good control and fluency.</p>
<b>Core Unit 3: Egyptian Dance</b>	<p><b>Skills: Balance, Co-ordination, Musicality, Spatial Awareness, Agility</b></p> <p>In this unit, the children will develop the ability to use energy and strength when performing a dance sequence. They will also begin to think about ways to utilise space when performing and how using different levels and directions can improve performance.</p>
<b>Core Unit 4: Multi Skills</b>	<p><b>Skills: Balance, Agility, Co-ordination</b></p> <p>During this unit, the children will continue to develop their balance, agility and co-ordination skills through various activities. They will begin to test and measure their skills and explore ways they can further improve. At the end of the unit, the children will aim for a Personal Best applying the skill they have developed over the term.</p>
<b>Unit 5: Netball</b>	<p><b>Skills: Communication, Team Work, Throwing, Catching, Spatial Awareness</b></p> <p>In this unit, the children will explore different passing and receiving techniques used in netball, as well as begin to think about how to dodge into space and mark a player effectively. They will also learn the technique to shoot in netball and begin to apply skills learnt into small sided games.</p>
<b>Unit 6: Quick Sticks</b>	<p><b>Skills: Control, Agility, Co-ordination, Communication</b></p> <p>In this unit, the children will develop their dribbling, passing and receiving skills using a hockey stick. They will begin to explore how to</p>

	<p>adapt their technique to pass the ball over a longer/shorter distance. During the unit, they will learn how to pass and receive the ball whilst on the move, as well as begin to learn how to tackle a player safely.</p>
<p><b>Unit 7: Handball</b></p>	<p><b>Skills: Passing, Catching, Throwing, Agility, Team Work, Communication</b></p> <p>During this unit, the children will learn how to control, pass and catch in handball. They will also begin to explore how to take steps and pass the ball, as well as shoot effectively to score a point/goal. The children will continue to develop their team work and communication skills during team small sided games.</p>
<p><b>Unit 8: OAA</b></p>	<p><b>Skills: Team work, communication, Control, Respect, Strength, Power, Co-ordination, Balance. Flexibility.</b></p> <p>In this unit, the children will participate in a variety of games and activities which promote the use of good teamwork and communication. They will also need to think logically about how to solve problems, whilst performing activities that use control, balance and co-ordination. Children will explore how to use their leadership skills to run a team effectively.</p>