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| Fitness Benchmark | **Year 3** | Fitness Benchmark |
| How many laps around a 200m course in 15mins**Find recording document in KS2 comparing performances folder** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** | How many laps around a 200m course in 15mins**Find recording document in KS2 comparing performances folder** |
| Swimming  | Athletics | Dance  | Gymnastics | Athletics  | OAA – Orienteering  |
| Swimming  | Modified Invasion Games | Modified Striking and Fielding Games | Modified Invasion Games | Modified Striking and Fielding Games | Competitive Games  |
| **Children need to compare their performances with previous ones and demonstrate improvement to achieve their personal best.** |

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| Progression Statements  |
| **Invasion games** | **Striking & Fielding Games** | **Dance** | **Gymnastics** | **Athletics** | **OAA** |
| **Football** Begin to dribble a ball making small touches Begin to send a football to someone on team. Keep a ball under control. Know where space is and try to move into it.Mark another player and defend when needed.**COULD ALSO LOOK AT BENCHBALL** | **Basketball** Make a series of passes to team mates moving towards a scoring area. Show some signs of using a chest pass and shoulder pass.Show a target to indicate where I’d like to pass to. Know where space is and try to move into it.Mark another player and defend when needed. | **Cricket** Throw and catch under pressure.Use fielding skills to stop the ball effectively.Learn batting control.Learn the role of backstop.Play in a tournament and work as team, using tactics in order to beat another team.Play in a tournament and work as team, using tactics in order to beat another team | **Rounders** Be able to play simple rounders gamesApply some rules to gamesDevelop and use simple rounders skills**Badminton** Tap the ball back and forth to partnerStand in a ready position holding racquet correctlyChange from a ready position before tapping the ball to a partner Begin to know what it means by a forehand and backhand position Begin to attempt to serve the tennis ball straight from hands, sometimes using one bounce if needed **COULD ALSO LOOK AT VOLLEYBALL** | Perform pair/group dance involving canon & unison, meet & partRespond to music in time & rhythm to show like/unlike actionsRespond to music to express a variety of moods & feelingsGive and respond to peer feedback to improve | Use a greater number of own ideas for movement in response to a task.Combine arm actions with skips/leaps/steps/jumps & spins in travelTravel while using various hand apparatus, (ribbon/hoop/ rope/ball)Know principles of balance and apply them on floor & apparatus | Run in different directions and at different speeds, using a good technique.Choose and understand appropriate running techniques.Improve throwing technique.Reinforce jumping techniques.Understand the relay and passing the baton. | Orientate simple maps and plansMark control points in correct position on map or planFind way back to a base pointCo-operate and share roles within a groupListen to each other’s ideas when planning a task and adaptTake responsibility for a role within the groupRecognise that some outdoor adventurous activities can be dangerousFollow rules to keep self and others safeSelect appropriate equipment/route/people to solve a problem successfullyChoose effective strategies and change ideas if not working |