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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 games  Apply some rules to games  Develop and use simple rounders skills  **Badminton**  Tap the ball back and forth to partner  Stand in a ready position holding racquet correctly  Change 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 & part  Respond to music in time & rhythm to show like/unlike actions  Respond to music to express a variety of moods & feelings  Give 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 travel  Travel 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 plans  Mark control points in correct position on map or plan  Find way back to a base point  Co-operate and share roles within a group  Listen to each other’s ideas when planning a task and adapt  Take responsibility for a role within the group  Recognise that some outdoor adventurous activities can be dangerous  Follow rules to keep self and others safe  Select appropriate equipment/route/people to solve a problem successfully  Choose effective strategies and change ideas if not working |