



KEY STAGE 3

Y7	SUMMER 2 Athletics Throw a javelin/ shot put safely; measure the distance of their throws; develop the technique for the standing vertical jump; build up speed quickly for a sprint finish	SUMMER 1 Swimming Enter the pool by jumping and diving safely; swim confidently using various strokes; use advantage breathing techniques in all strokes	SPRING 2 Handball Show confidence in using ball skills in various ways in a game; keep and win back possession of the ball; lead others during a game
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Y6	SPRING 2 Handball Pass a ball with speed and accuracy; choose the best tactics for attacking and defending; know when to pass and when to dribble in a game	SUMMER 1 Swimming Enter the pool sagely by jumping in or sliding in on front; confidently swim across the pool using correct stroke techniques	SUMMER 2 Athletics React quickly and accelerate over short distance; throw a javelin/ tennis ball using correct stance rotating hips forward	AUTUMN 1 Fitness Understand and carry out warmups and cool downs safely; know ways they can become healthier;	AUTUMN 2 Multiskills Balance equipment on various body parts whilst moving; can change direction at speed with balance	SPRING 1 Netball Perform a variety passes; perform correct footwork in a game; defend a player during a game to intercept the ball; shoot in a basket and get a rebound (miss)
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Y5	SPRING 1 Netball Pass and move; receive the ball on the move and perform correct footwork; defend a player and attempt to intercept a pass; flick my wrist to shoot into a basket	AUTUMN 2 Multiskills Balance equipment on various body parts whilst moving; can change direction at speed with balance	AUTUMN 1 Fitness Know the reasons for warming up and cooling down; explain some safety principles when preparing for and during exercise	SUMMER 2 Athletics Confidently demonstrate an improved technique for sprinting; perform a javelin throw with height and distance; perform hop, step, and jump	SUMMER 1 Swimming Be confident to swim across the pool without stopping; begin to show breathing technique when performing various strokes with and without a float
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Y4	SUMMER 1 Swimming Gain confidence in water walking unaided in pool; developing whole strokes “doggy paddling”; be able to swim 5-10 meters; swim on back through kicking and sculling	SUMMER 2 Athletics Throw with greater control and accuracy; perform a push throw; land safely and with control; focus on their arm and leg action to improve their sprinting technique	AUTUMN 1 Fitness Describe how the body reacts at different times and how this affects performance explain why exercise is good for health; know some reasons for warming up	AUTUMN 2 Balancing confidently using various equipment and body parts; changing direction at speed with good technique	SPRING 1 Netball Pass and receive stepping into the pass; perform stride and jump stop with pivot; perform two different dodges; mark a player standing side on sticking to player	SPRING 2 Handball Pass the ball with increasing speed, accuracy and success in a game; occasionally contribute towards helping team to keep and win possession
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Y3	SPRING 2 Handball Pass the ball with some success; move with the ball; receive the ball with greater control; find space to support team; use simple attacking and defending skills in a game	SPRING 1 Netball Pass and receive a netball safely (chest and bounce pass); perform a stride stop, jump stop and dodge in netball	AUTUMN 2 Multiskills Balancing on various body parts while moving; agility focus changing direction at speed	AUTUMN 1 Fitness Describe the effects of exercise on the body; know the importance of strengths and flexibility for physical activity; explain the importance of warm up/ cool down	SUMMER 2 Athletics Using arms and keeping head still when exploring running pattern; throw in correct stance; use arms to improve jumping technique – beating their own score	SUMMER 1 Swimming Gain confidence in water walking unaided in pool; developing whole strokes “doggy paddling”; be able to swim 5-10 meters
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Y2	AUTUMN 1 Fitness Recognise and describe how the body feels during and after different physical activities; explain what they need to stay healthy	AUTUMN 2 Multiskills Balance on low apparatus with good control; changing direction quickly with good balance and control; coordinating body whilst beginning to move at different speed	SPRING 1 Netball Catch a ball in an adapted game; know how to pass the ball in different ways (chest, bounce); understand the importance of rules in a game	SPRING 2 Handball pass the ball different ways; use hand-eye coordination to control a ball; use dribbling skills in a game; begin to understand the terms attacking and defending; understand the importance of rules
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