

Year 3 Example long term plan

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1 or Lessons 1 & 2 for the first three weeks	Learning theme	look run avoid 	jump shape create 	inspire create perform 	fair share dare 	strike react rally 	run jump throw 
	NCPE link	'Competitive games; principles of attacking and defending'	'Develop flexibility, strength, technique, control and balance'	'Perform dances using a range of movement patterns'	'Embed values such as fairness and respect'	'Apply and develop a broader range of skills and use them in different ways'	'Use running, jumping and throwing in isolation and in combination'
Lesson 2 or Lessons 1 & 2 for the first three weeks	Learning theme	agility balance coordination 	hands feet equipment 	duel win lose 	pass position patience 	accuracy power distance 	react roll retrieve 
	NCPE link	'Use running, jumping, throwing and catching in isolation and in combination'	'Apply and develop a broader range of skills and use them in different ways'	'Competitive games; principles of attacking and defending'	'Competitive games; principles of attacking and defending'	'Develop strength, technique, control and balance'	'Apply and develop a broader range of skills and use them in different ways'