**Year Group 3**

**Cross Country & O.A.A Unit**

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| **Objective** | **Planning** |
| **Cross Country** | This mini cross country unit could be set up to end with an inter school competition.  This could lead to participants then entering the inter school family SG competition.  Maths: Links with data collection and analysis.  Writing: Reporters could write recounts of the event, sharing eye-witness accounts from parents who attend, and statements from the competitors.  TOPS O.A.A. Cards  O.A.A. Unit Year 3 in additional resource section |
| 1. To be able to warm up appropriately for a running session. |
| 2. To understand how to control your speed when running over a longer distance. |
| 3. To share strategies of how to win a long distance running race, by discussing pace, speed, etc. |
| 4. To be able to reflect on their performance when running, and competing against others, over a long distance. |
| **O.A.A.** |
| 5. Can I create letters with my body? |
| 6. Can I work as a team and solve a problem? (1) |
| 7. Can I use a basic map and find a location? |
| 8. Can I orientate and use a simple map of the school environment? |

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**Cross Country & O.A.A Unit**

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| **Cross Country**  **Objectives:**   1. To be able to warm up appropriately for a running session. 2. To understand how to control your speed when running over a longer distance. 3. To share strategies of how to win a long distance running race, by discussing pace, speed, etc. 4. To be able to reflect on their performance when running, and competing against others, over a long distance. | | |
| **Minus** | **Equals** | **Plus** |
| **O.A.A.**  **Objectives:**   1. Can I create letters with my body? 2. Can I work as a team and solve a problem? (1) 3. Can I use a basic map and find a location? 4. Can I orientate and use a simple map of the school environment? | | |
| **Minus** | **Equals** | **Plus** |