**Year Group 3**

**Movement Skills Unit**

|  |  |
| --- | --- |
| **Objectives** | **Planning links** |
| **Application** |  |
| 1. To run, dodge and evade others, with increased control and speed. | British Heart Foundation – Schools activity pack  [www.bhf.org.uk](http://www.bhf.org.uk)    Online - Fundamental Movement Skills planning document – Adam Bibs  Online - Canadian Active After School Partnership – FUNS lesson plans  [www.tes.com](http://www.tes.com)  Movement skills lessons examples |
| 2. To run, dodge and evade others, with increased control and speed. |
| 3. To jump, skip and hop with increased control. |
| 4. To jump, skip and hop with increased control. |
| 5. To catch with increased competence. |
| 6. To catch with increased competence. |
| 7. To throw with increased control. |
| 8. To throw with increased control. |
| 9. To strike a ball with increased accuracy. |
| 10. To strike a ball with increased accuracy. |

**Year Group 3**

**Movement Skills Unit**

|  |  |  |
| --- | --- | --- |
| **Objectives:**  To run, dodge and evade others, with increased control and speed.  To jump, skip and hop with increased control. | | |
| **Minus** | **Equals** | **Plus** |
| **Objectives:**  To catch with increased competence.  To throw with increased control. | | |
| **Minus** | **Equals** | **Plus** |
| **Objectives:**  To strike a ball with increased accuracy. | | |
| **Minus** | **Equals** | **Plus** |