**Year Group 3**

**Movement Skills Unit**

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| **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 BibsOnline - 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**

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| **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** |