

Year 3 – Unit 2 – Social

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
1 – 6	Use running, jumping, throwing and catching in isolation and in combination.	<p>Dynamic balance to agility Jumping and landing</p> <p>Static balance Seated</p>	<p>Maintaining balance throughout:</p> <ul style="list-style-type: none"> - To know how to jump from 2 feet to two feet with 180 degree turn in either direction. - To know how to complete a tucked jump. - To know how to complete a tucked jump with a 180 degree turn in either direction. <p>In a seated position with no hands or feet touching the floor:</p> <ul style="list-style-type: none"> - To know how to pick up a cone from one side and place it on the other side with the same hand. - To know how to return the cone to the opposite side using the other hand. - To know how to sit in a dish shape with straight arms and legs and hold it for 5 seconds. 	<p>Maintaining balance and landing on a line:</p> <ul style="list-style-type: none"> - To know how to jump from 2 feet to two feet forwards backwards and side to side. - To know how to hop forward and backwards, freezing on landing. - To know how to jump from 1 foot to the other forwards and backwards, freezing on landing. - To know how to hop sideways, raising my knee and freezing on landing. - To know how to jump from 1 foot to the other sideways, raising my knee and freezing on landing.