

Year 3 – Unit 3 – Cognitive

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
1 - 3	<i>Develop flexibility, strength, technique, control and balance.</i>	Dynamic Balance On a line	Maintaining balance on a line: <ul style="list-style-type: none"> - To know how to perform a marching action, lifting knees and elbows up to a 90 degree angle. - To know how to walk fluidly with a heel to toe landing. - To know how to walk fluidly, lifting knees up and using a heel to toe landing. - To know how to walk fluidly, lifting heels up to bottom and using a heel to toe landing. 	Maintaining balance on a line: <ul style="list-style-type: none"> - To know how to walk fluidly, both forwards and backwards, lifting heel to bottom, knees up and with heel to toe landing. - To know how to lunge walk forwards. - To know how to lunge walk forwards, bringing opposite elbow up to a 90 degree angle.
4 - 6	<i>Use running, jumping, throwing and catching in isolation and in combination.</i>	Coordination Ball skills	On a line and then a low beam, maintaining balance: <ul style="list-style-type: none"> - To know how to receive a small force from various angles. - To know how to raise alternate feet five times. - To know how to raise alternate knees five times. - To know how to catch a ball at chest height and throw it back. 	Maintaining balance on a line: <ul style="list-style-type: none"> - To know how to walk fluidly, both forwards and backwards, lifting heel to bottom, knees up and with heel to toe landing. - To know how to lunge walk forwards. - To know how to lunge walk forwards, bringing opposite elbow up to a 90 degree angle.