

Year 3 - Unit 4 - Creative

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
1 - 3	<i>They should enjoy communicating, collaborating and competing with each other.</i>	Coordination Sending and receiving	With both right and left hand/foot, against a wall or with a partner (at least five times in a row): <ul style="list-style-type: none"> - To know how to strike a ball with alternate hands in a rally. - To know how to kick a ball with the same foot. - To know how to kick a ball with alternate feet. - To know how to roll two balls alternately using both hands, sending one as the other is returning. 	With right and left hand: <ul style="list-style-type: none"> - To know how to alternately throw and catch two tennis balls against a wall. - To know how to throw two tennis balls against a wall and catch them with the opposite hand. - To know how to throw two tennis balls against a wall in a circuit, in both directions.
4 – 6	<i>They should enjoy communicating, collaborating and competing with each other.</i>	Counter Balance With a partner	With a partner, maintaining balance throughout: <ul style="list-style-type: none"> - To know how to hold and with a short base, lean back hold our balance and move back together. - To know how to hold on with one hand and with a short base, lean back, hold our balance and then move back together - To know how to complete the short-based challenges with eyes closed. 	With right and left hand: <ul style="list-style-type: none"> - To know how to alternately throw and catch two tennis balls against a wall. - To know how to throw two tennis balls against a wall and catch them with the opposite hand. - To know how to throw two tennis balls against a wall in a circuit, in both directions.