

Year 3 – Unit 5 – Physical

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
1 - 6	<i>Develop an understanding of how to improve in different physical activities.</i>	Agility Reaction and response Static balance Floor Work	From a distance of 1, 2 and 3 metres: <ul style="list-style-type: none"> - To know how to react quickly and catch a tennis ball dropped from shoulder height to one bounce, balancing on one leg. 	From a distance of 1, 2 and 3 metres: <ul style="list-style-type: none"> - To know how to react and step across my body, bring my hand across my body and catch a tennis ball after one bounce.