

Year 3 – Unit 6 – Health and Fitness

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
1 - 6	<i>'Use running, jumping, throwing and catching in isolation and in combination.'</i>	Agility Ball chasing Static balance Stance	Over a distance of up to 10 metres and turning both ways: <ul style="list-style-type: none"> - To know how to roll and chase a large ball, stopping it with my knee sideways onto the ball facing the opposite direction. 	Over a distance of up to 10 metres and turning both ways: <ul style="list-style-type: none"> - To know how to roll and chase a large ball, stopping it with my knee sideways onto the ball (long barrier position) facing the opposite direction. - To know how to do the above challenge with a tennis ball. - To know how to roll and chase a large ball, stopping it with my head in a front support position facing the opposite direction.