

YEAR 3 EXAMPLE LONG TERM PLAN

LESSON 1

OR

LESSONS 1 & 2 FOR FIRST 3 WEEKS

LEARNING THEME

NCPE LINK

AUTUMN 1

look
run
avoid



'Team games developing simple tactics for attacking and defending'

AUTUMN 2

inspire
create
perform



'Perform dance using a range of movement patterns'

SPRING 1

target
control
combine



'Master basic movements.. Including throwing and coordination'

SPRING 2

react
roll
retrieve



Modified games to develop fielding skills

SUMMER 1

invade
evade
capture



'Competitive games; principles of attacking and defending'

SUMMER 2

run
jump
throw



'Use running, jumping and throwing in isolation and combination'

LESSON 2

OR

LESSONS 1 & 2 FOR LAST 3 WEEKS

LEARNING THEME

NCPE LINK

throw
prepare
catch



'Master basic movements.. Including throwing and catching'

duel
win
lose



'Team games developing simple tactics for attacking and defending'

strike
react
rally



'Master basic movements.. Including striking and coordination'

hands
feet
equipment



'Object control - developing coordination and control'

accuracy
power
distance



'Master basic movements.. Including throwing and coordination'

fair
share
dare



'Embed values such as fairness and respect'