

Year 3 Long Term Plan for the New Curriculum

*Refs to NC legislation in red

	Autumn 1 (8 Weeks)	Autumn 2 (6 Weeks)	Spring 1 (Weeks)	Spring 2 (6 Weeks)	Summer 1 (5 Weeks)	Summer 2 (8 Weeks)
Year 1	Gym	Dance - toys	Fundamentals – ball skills	Orienteering	Athletics	Fundamentals – sports day
	Fundamentals – throwing and catching	Nativity	Sports hall athletics	Dance	Gymnastics - apparatus	Large ball skills
Year 2	Indoor Athletics	Dance – Butterfly Ball	Games – throwing and catching	Gymnastics	Rounders	Athletics
	Dance – famous songs	Nativity	Gymnastics – apparatus???		Football	Tennis
Year 3	Orienteering	Dance -	Tag Rugby	Outdoor team games	Dance	Rounders
	Basketball	Gym – basic skills and rolls	Sports hall athletics	Gym - apparatus	Tennis	Athletics – running
Year 4	Dance – WW2	Hockey	Gym – balancing and travelling	Dance	Baseball	Gymnastics - apparatus
	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Year 5	Dance – street dance	Orienteering	Dance – samba	Gym: High apparatus	Rounders	Tennis
	Sports hall athletics	Netball	Tag rugby	Fitness	Athletics	Gymnastics - floor
Year 6	Tag Rugby	Volleyball	Dance - Mayan	Gym - apparatus	Cricket	Handball
	Athletics					Athletics