

	<b>Y3 Throwing</b> Perform a push throw.	<b>Y3 Throwing</b> Continue to develop techniques to throw for increased distance.	<b>Y3 Compete/Perform</b> Perform learnt skills and techniques with control and confidence.	<b>Y3 Compete/Perform</b> Compete against self and others in a controlled manner.	<b>Y3 Evaluate</b> Watch, describe and evaluate the effectiveness of a performance.	<b>Y3 Evaluate</b> Describe how their performance has improved over time.		
<b>Y3 Running</b> Focus on trail leg and lead leg action when running over hurdles.	<b>Y3 Running</b> Understand the importance of adjusting running pace to suit the distance being run.	<b>Y3 Jumping</b> Use one and two feet to take off and to land with.	<b>Y3 Jumping</b> Develop an effective take-off for the standing long jump.	<b>Y3 Jumping</b> Develop an effective flight phase for the standing long jump.	<b>Y3 Jumping</b> Land safely and with control.	<b>Y3 Throwing</b> Throw with greater control and accuracy.	<b>Y3 Throwing</b> Show increasing control in their overarm throw.	
<b>Y3 Health &amp; Fitness</b> Recognise and describe the effects of exercise on the body.	<b>Y3 Health &amp; Fitness</b> Know the importance of strength and flexibility for physical activity.	<b>Y3 Health &amp; Fitness</b> Explain why it is important to warm up and cool down.	<b>Y3 Running</b> Identify and demonstrate how different techniques can affect their performance.	<b>Y3 Running</b> Focus on their arm and leg action to improve their sprinting technique.	<b>Y3 Running</b> Begin to combine running with jumping over hurdles.			