Subject: Physical Education	Year group: Year 3	Topic: Dance	Initiation & activation activities:
Prior knowledge required: they are able to: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending perform dances using simple movement patterns.		Vocabulary:	
Programme of Study	Implementation:	Impact –lesson sequence:	Evaluations and assessments:
- use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - perform dances using a range of movement patterns - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best. *SWIMMING IS TAUGHT ON SITE AT OUR MIDDLE SCHOOL*	- Can they select and use the most appropriate skills, actions or ideas? - Can they move and use actions with co-ordination and control? - Can they explain how their work is similar and different from that of others? - With help, do they recognise how performances could be improved? - Can they explain why it is important to warm-up and cool-down? - Can they identify some muscle groups used in gymnastic activities? - Can they select and use the most appropriate skills, actions or ideas? - Can they move and use actions with co-ordination and control? Can they explain how their work is similar and different from that of others? - With help, do they recognise how performances could be improved? - Can they explain why it is important to warm-up and cool-down? - Can they identify some muscle groups used in gymnastic activities?		