

<p>Year 3</p>	<p>Swimming</p> <p>Use a range of strokes effectively – front crawl, backstroke, breaststroke.</p>	<p>Dance</p> <p>Perform dances, focusing on creating , adapting and linking a range of dance actions.</p> <p>Begin to demonstrate an awareness of expressive qualities of dance.</p> <p>Inspired by a range of stimuli.</p> <p>Work individually, in pair, small groups and as a whole class.</p> <p>Develop awareness of historical and cultural origins of different dances through choice of themes.</p>	<p>Invasion games</p> <p>(File 2)</p> <p>Tag Rugby</p> <p>Learn how to successfully and consistently demonstrate the four skills of tag (Running, catching, passing and tackling) with a match scenario.</p>	<p>Swimming</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 meters.</p> <p>Use a range of strokes effectively – front crawl, backstroke, breaststroke.</p>	<p>Swimming</p> <p>Perform basic self rescue in different water based situations.</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 meters.</p> <p>Use a range of strokes effectively – front crawl, backstroke, breaststroke.</p>	<p>Swimming</p> <p>Perform basic self rescue in different water based situations.</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 meters.</p> <p>Use a range of strokes effectively – front crawl, backstroke, breaststroke.</p>
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