

KEY STAGE 2					YEAR 3: Multiskills
	LESSON TITLE	WARM UP	BASIC CONTENT	COOL DOWN	TOP SPORT
1	SPATIAL AWARENESS	Gears	Travelling in different ways, change direction and speed easily, dodging skills	Lumps	Top Play- Movement games- Rabbits/Tails
2	BALL FAMILIARIZATION & BOUNCING SKILLS	Ball familiarization, ball up and down	Bouncing the ball, two hands to one hand, travelling with the ball under control	Low to high, high to low bouncing	Invasion-Moving with a ball- Treasure Chest, Gateways
3	TRAVELLING WITH A BALL	Number commands	Controlling and travelling with a ball, steering, changing direction and speed,	Simon says	Invasion games-Moving with a ball- Treasure Chest, Gateways
4	SENDING SKILLS	Home James	Rolling a ball, aiming skills	Follow the leader	Flowers, relay bowl, roll tag
5	RECEIVING SKILLS	Bean Game	Rolling, tracking, receiving skills, working with a partner and small sided games	Letter shape stretches	Invasion games- 1,2,3,4 Striking & fielding games- Catch them out
6	THROWING & CATCHING SKILLS	Find a goal	Different throwing skills/passes, long and short throws/passes, eye-hand co-ordination	Bandage Tag	Invasion games- Find a goal Net & wall games- are you ready? Top Play- Throwing, catching & controlling
7	KEEPING POSSESSION- ATTACKING SKILLS 1	Ball Change	Keeping control, when to pass and when to dribble, making decisions, working in a small sided game	Stationary relay stretches	Invasion games- 3 hoop ball
8	KEEPING POSSESSION- ATTACKING SKILLS 2	Stuck in the mud	Dodging skills, outwitting their opponent, pass and move, looking for spaces, small sided games, making decisions	Detective inspector	Invasion games- 4 v 1
9	SENDING & STRIKING 1	Dishes and domes	Controlling a racket, eye-hand co-ordination, footwork, grip, striking a ball, aiming	Racket sandwiches	Net & wall games- getting a grip, reliable rallies
10	SENDING & STRIKING 2	Lines Tag	Striking a ball, aiming, footwork, control	Godfrey	Net & wall games- Roving returns
11	THROWING FOR ACCURACY	Touch the floor with...	Underarm throwing, target throwing, throwing for accuracy	Simon says	Striking & fielding games- Target throw, There and back
12	FIELDING SKILLS	Find a goal	Tracking skills, stopping a ball, barriers, footwork, movement	Creep up	Striking & fielding games- Catch