

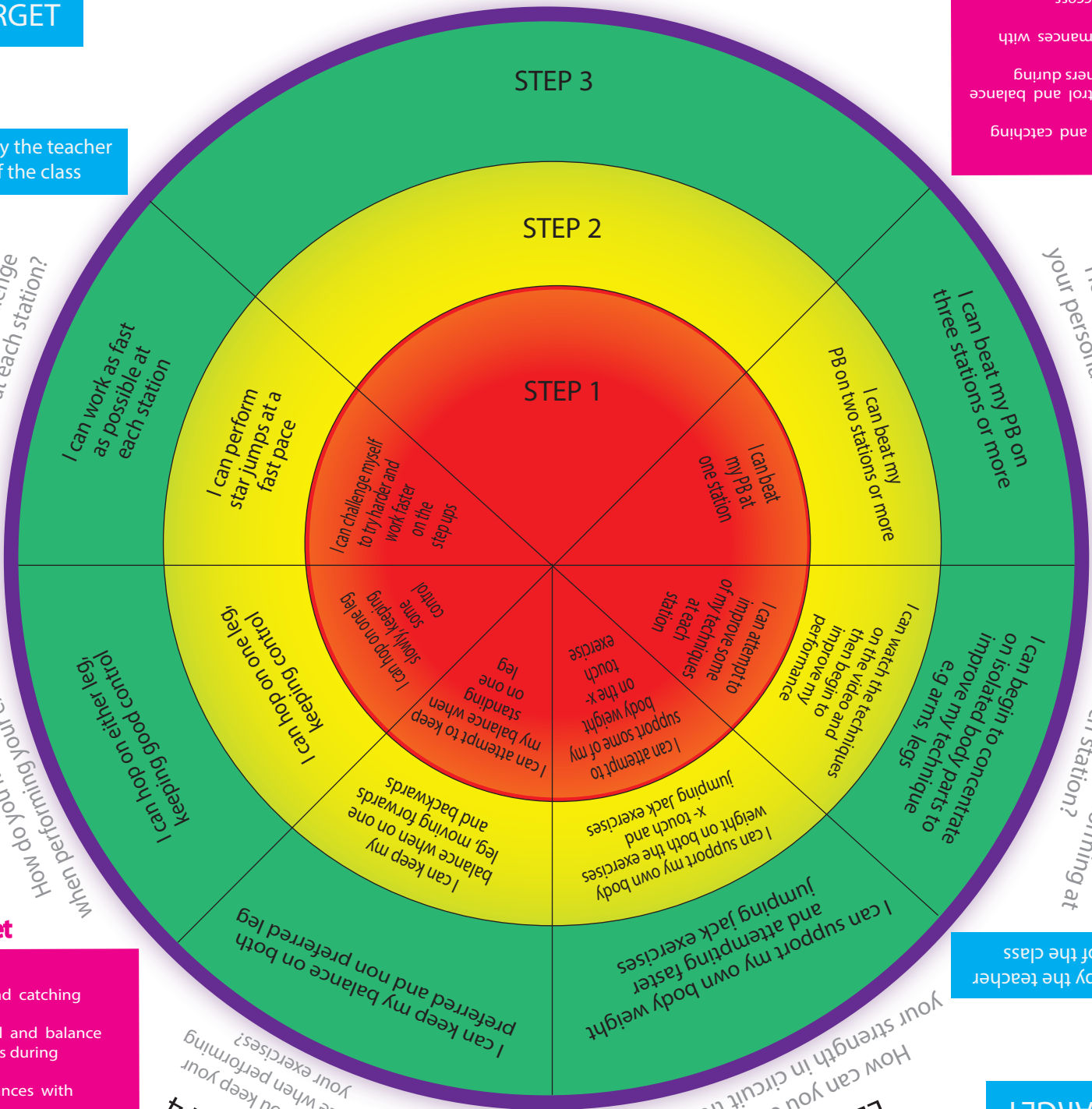
This framework should be adapted by the teacher to meet the learning requirements of the class



**Year 3 Attainment Target**

- Can use running, jumping, throwing and catching in isolation
- Has begun to develop flexibility, control and balance
- Is beginning to communicate with others during physical activities
- Is beginning to compare their performances with previous ones
- Can begin to recognise their own success

**STEP 4 (MASTERY)**



**LESSON 1**  
How can you beat your personal best (PB)?

I can beat my PB on three stations or more

I can beat my PB on two stations or more

I can beat my PB at one station

**STEP 1**

**STEP 2**

**STEP 3**

I can challenge myself to try harder and work faster on the step ups

I can perform star jumps at a fast pace

I can work as fast as possible at each station

**LESSON 6**  
How can you challenge yourself at each station?

**LESSON 2**  
How can you improve your technique when performing at each station?

I can begin to concentrate on isolated body parts to improve my technique e.g arms, legs

I can watch the techniques on the video and then begin to improve my performance

I can attempt to improve some of my techniques at each station

I can attempt to support some of my body weight on the x-touch exercise

I can attempt to keep my balance when standing on one leg

I can hop on one leg slowly/keeping some control

I can hop on one leg keeping control

**LESSON 5**  
How do you keep control when performing your exercises?

**LESSON 3**  
How can you develop your strength in circuit training?

I can support my own body weight on both the exercises x-touch and jumping jack exercises

I can support my own body weight on one leg, moving forwards and backwards

I can keep my balance when on one leg, moving forwards and backwards

I can hop on one leg keeping good control

**LESSON 4**  
How can you keep your balance when performing your exercises?

I can support my own body weight on both preferred and non preferred leg

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