



“Whatever you do, work at it with all your heart”

Colossians 3:23

Outdoor Adventure Activities

Year 3

Summer 1 & 2

Key Knowledge:

Know that:

Cardinal compass points are North, East, South and West

When standing still, the map should be held so it is orientated.

Different colours on a map stand for different feature types (e.g. black = buildings, green = growth, brown = ground, blue = water)

A control is always square shaped.

A control will have a letter and a number written on it.

It is more productive to share own ideas and thoughts in a respectful and confident manner

Orienteering is a race so I should run from control to control

A map is a bird's eye view

Key Vocabulary:

Key- box of information about the different features on the map

Control point—red and white square on a feature

Cardinal points—a set of directions (north, south, east and west)

Orienteering—rotating the map so it shows what is in front of you





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Striking & Fielding

Year 3

Summer 1 & 2

Key Knowledge:

Know that:

When bowling/throwing, the ball should be released when it is at the correct height and pointing at the target

Accelerating/moving the arm quicker through the bowling/throwing technique will cause the ball to be thrown quicker but with less control

An underarm throw is best to use over shorter distances and an overarm throw is more suited to further distances

Hold a rounders bat with one hand whilst standing side on, head up looking at the bowler

Hold a cricket bat with two hands whilst standing side on, head up looking at the bowler

Strike the ball into space away from fielders

When fielding, keep your eyes and body aligned with the direction of the ball

Prepare short or long barrier before the ball arrives

Fielders should be spread out to cover the playing area as much as possible

Key Vocabulary:

Strike—hitting the object using a bat with purpose

Short and long barriers—using your leg as a barrier to stop moving ball

Fielding—playing against a batting team trying to bowl, stump or catch them out

Bowling—throwing the ball towards the batter at the start of each point

Stumped—hitting the stumps with the ball before the batter arrives





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Movement & Athletics

Year 3

Spring 2—Summer
2

Key Knowledge:

Know that:

I need two feet together (without a run up) when completing a standing long jump

When doing an endurance race, a runner should adopt a running speed which they can maintain throughout

A howler should be held with one hand underneath the main body of the howler

Swinging arms and bending knees slightly will create momentum to jump further

Pumping arms forwards and backwards quickly in a smooth action will create more sprinting speed

When doing a sprinting race, a runner must stand in their own lane throughout

A 'standing start' should be used for an endurance race

A howler should be released as close to the line as possible without moving over it

A shotput should be held with one hand underneath whilst positioned under the jaw

Bending knees back and forth (from low to high) will generate more shotput power and distance

Key Vocabulary:

Endurance—continuous running over long distances without slowing down

Sprinting—quick running over a short distance

Momentum—quickly moving body weight from one side to the other to jump/ throw further

Standing start—the beginning of a race, competitors begin from an up-right, standing position





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Compassionate Competitors

Year 3

Summer 1 & 2

Key Knowledge:

Know that:

⇒ Possession is when your team is in control of the ball.

The more you have possession of the ball, the more chance you have of scoring.

Winning with respect and compassionate for others is important

Moving into space away from opponents will help my team

When you lose, you must do so with respect and compassionate for others

Staying focused and staying close to an opponent is effective defending

Key Vocabulary:

Possession—when you have control of the team or object

Compassionate—kindness and thinking of other's feelings

Respect—treating others how you would like to be treated





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Flag Football

Year 3

Spring 2—Summer 2

Key Knowledge:

Know that:

A touchdown is scored when the ball is caught or run into the end zone.

Scanning lots helps know where the space is to receive the ball in.

When the ball has been caught, sprint forwards or into space

Once the offensive player holding the ball has been tagged, the attempt is over and restarts with the next snap

Teams are given four downs to try and score a touchdown or advance the ball a specific distance.

No contact, tackling or diving

Key Vocabulary:

Offense—the team that has the ball and is attacking.

Defence—the team without the ball and is defending

Touchdown—when the ball is caught or run into the end zone

Down—when the ball in possession is tagged

Snap—a throw backwards between the legs which starts each attempt.

