



beyond
the physical

Year 3 MTP 2025–26

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1 or Lessons 1 & 2 for the first three weeks	Learning theme	Swimming	Swimming	inspire create perform 	jump shape create 	strike react rally 	run jump throw 
	NCPE link			'Perform dances using a range of movement patterns'	'Develop flexibility, strength, technique, control and balance'	'Apply and develop a broader range of skills and use them in different ways'	'Master basic movements including running, jumping and throwing'
Lesson 2 or Lessons 1 & 2 for the last three weeks	Learning theme	hands feet equipment 	look run avoid 	agility balance coordination 	react roll retrieve 	fair share dare 	accuracy power distance 
	NCPE link	'Apply and develop a broader range of skills and use them in different ways'	'Competitive games; principles of attacking and defending'	'Use running, jumping, throwing and catching in isolation and in combination'	'Develop fundamental movement skills – locomotion and object control'	'Embed values such as fairness and respect'	'Develop strength, technique, control and balance'