

PE Multi Skills Year 3



National Curriculum subject content:
Develop flexibility, strength techniques control and balance.
Compare their performance with previous ones and demonstrate improvement to achieve personal best.
<ul style="list-style-type: none"> ✓ Using running, jumping, throwing, and catching in isolation
National Curriculum theme:
<ul style="list-style-type: none"> ✓ Multi skills

Key Vocabulary:	
Agility	The ability to change the position of the body quickly and with control.
Balance	The ability to stay upright and or in control of body movements.
Coordination	The ability to use two or more body parts together. This helps all athletes to move smoothly and quickly, especially when having control of a ball.
Skills	Skills - Are learned abilities that athletes acquire through training and practice.
Speed	The ability to move parts of your body quickly, or the rate at which someone can perform a movement or cover a distance.
Personal Best	Your best achievement/score.
Accuracy	It is correct or as near to target as possible.
circuit	A sequence of activities.
Stance	Position-ready.
Dribbling	Moving the ball close and under control.

Sequence of Learning:					
Objectives (key knowledge):					
To learn how to move body in different ways in a controlled and coordinated way.	To develop hand- eye coordination and acquire skills to catch effectively.	To learn how to keep a ball under control by dribbling.	To learn different jumping techniques.	To compare performance with previous ones and demonstrate improvement to achieve personal best.	To compare performance with previous ones and demonstrate improvement to achieve personal best. (Circuit compare results)

Fundamental Skills					
Agility Agility running skills. Spatial awareness Spatial awareness and footwork. Agility the ability to rapidly change direction, accelerate or decelerate.	Flexibility Stretching to reach objects. The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions Hand eye coordination. Spatial awareness	Coordination The ability to control the movement of the body in cooperation with the body's functions. Balance hold stance	Agility ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination/ flexibility	Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination/flexibility

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