

Year 3 - Multi-Skills - HT6



Prior Learning: In year 2, children continued to try different ways of balancing on the floor- on objects and low apparatus. They recapped how to pick up objects in a competitive game situation and change direction (agility) when moving. They practiced how to move in a variety of ways with control, on their own and with equipment (coordination) . They also practiced their throwing and catching skills with a variety of objects.

Key Skills

Physical Me

Agility- Agility run
 - Speed bounce
 -Running

Balance- On benches
 - On one leg
 - While **throwing** objects

Co-ordination-Skipping, hopping, running, jumping
 - **Throwing** and **catching**

Flexibility- Stretching to reach objects



Thinking Me

- Improving my performance

Value Me:

- Leadership

Social Me

- Collaboration
 - Co-operation

Key Knowledge

Agility - The ability to change the position of the body quickly and with control.

Balance- Is the ability to stay upright or stay in control of body movement

Co-ordination - The ability to use two or more body parts together.
 This helps all athletes to move smoothly and quickly especially when also having to control a ball.

Key Vocabulary

Agility

Balance

Co-ordination

Measure

Record

Team

Speed

Test

Mini Coach

I can statements	✓ X
Balancing on various body parts while moving	
Agility focus -changing direction at speed	
Co-ordinate body to perform a combination of movements	
Complete a variety of fitness tests successfully and achieve a personal best	

Anything else you have learnt? What have you enjoyed?