



Subject: PE **Topic:** Multi Skills **Year Group:** Year 3

What I should already know:

- To understand how to balance and how balance can be lost
- To move my body in a variety of ways inc. twisting and turning
- To know how to throw a ball at the right strength and speed for the activity
- To be able to copy a partner and repeat actions/balances
- To change speed and direction

Vocabulary:

Balance, bounce, send, throw, catch, travel, control, dribble, hand-eye coordination, agility, stop, turn, speed, pace, awareness of others, obstacle, relay, focus.

What I will know by the end of the unit:

- To change centre of balance to different body parts
- Use hand and eye coordination to balance, carry and keep control of an object
- Use agility (change direction/height) and apply in games
- Focus and concentrate on skills learnt and apply them to games/activities
- Observe other's speed and keep pace by matching it

Activities I can take part in to achieve my objectives:

- Changing centre of balance by practicing throwing and catching in various positions, on apparatus etc.
- Various ball skill activities (dribble, throw, catch, kick – exploring what they can do/teach others – develop control) INDIVIDUAL/PAIR/SMALL GROUP
- Agility activities – ladders, relay, beanbag games
- Balance and obstacle activities
- Running and command style games e.g. beans, DVD player, tails, tag games