

PE	Year 3 – Multi Skills	
Skills	Knowledge	Concept & Vocabulary
<p>Agility - The ability to change the position of the body quickly and with control.</p> <p>Balance- Is the ability to stay upright or stay in control of body movement.</p> <p>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.</p> 	To test and measure agility, balance and co-ordination skills.	<p>Concept: To develop balance, agility and coordination (ABC) skills and started to become familiar with these terms.</p> <p>Vocabulary</p> <p>agility balance co-ordination measure record team speed</p>
	To develop balancing skills.	
	To develop agility skills.	<p>Recall from Year 2</p> <p>Concept: 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.</p> <p>Vocabulary</p> <p>paces race control apparatus space skipping direction</p>
	To develop co-ordination skills.	
	To perform tasks combining the use of agility, balance and co-ordination.	
	To aim for a personal best (PB).	