

# Multi-Skills Knowledge Organiser - Year 3

**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 Vocabulary

Agility

Balance

Co-ordination

Measure

Record

Team

Speed

Test

Mini Coach

## 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.