

Year 3 Multi-Skills Autumn																					
Crucial Knowledge & Skills	Key Concepts		Other Key Vocabulary																		
<p>Children can move with <b>control</b> and <b>coordination</b> across a range of activities.</p> <p>Children can <b>change direction</b> quickly and safely using <b>agility</b>.</p> <p>Children can <b>balance</b> using different parts of their body, both in <b>stillness</b> and in <b>motion</b>.</p> <p>Children can demonstrate <b>basic rolling, jumping, throwing, catching, and dribbling</b> techniques.</p> <p>Children are beginning to <b>reflect on their performance</b> and suggest ways to improve.</p> <p>Children understand how to work with a partner or in a team <b>cooperatively</b>.</p>	<p><b>Agility</b> – The ability to move quickly and easily, especially when changing direction or speed.</p> <p><b>Spatial Awareness</b> – Knowing where you are in space and how to move safely around others.</p>	<p><b>Balance</b> – Staying steady and controlled whether moving or still, using a strong base and body awareness.</p>	<p><b>Coordination</b> – Using different parts of the body together smoothly and efficiently.</p> <p><b>Teamwork</b> – Communicating and cooperating effectively with others to achieve a shared goal.</p>																		
	<p><b>Important Techniques &amp; Terms</b></p> <table border="1"> <thead> <tr> <th>Skill</th> <th>Technique Focus</th> </tr> </thead> <tbody> <tr> <td><b>Throwing</b></td> <td>Step forward, swing arm from low to high, release at eye-level (underarm)</td> </tr> <tr> <td><b>Catching</b></td> <td>Eyes on ball, soft hands, fingers spread, knees slightly bent</td> </tr> <tr> <td><b>Jumping</b></td> <td>Bend knees, use arm swing for height/distance, land on balls of feet with control</td> </tr> <tr> <td><b>Rolling</b></td> <td>Tuck chin to chest, arms close, roll smoothly in a straight line</td> </tr> <tr> <td><b>Balancing</b></td> <td>Wide base of support, arms out for stability, focus eyes on a still point</td> </tr> <tr> <td><b>Dribbling (feet)</b></td> <td>Use inside of foot for control, soft touches, keep head up when moving</td> </tr> <tr> <td><b>Partner Work</b></td> <td>Clear turn-taking, mirroring actions, giving encouragement</td> </tr> <tr> <td><b>Obstacle Work</b></td> <td>Combine jumps, rolls, balances and travel into creative sequences</td> </tr> </tbody> </table>			Skill	Technique Focus	<b>Throwing</b>	Step forward, swing arm from low to high, release at eye-level (underarm)	<b>Catching</b>	Eyes on ball, soft hands, fingers spread, knees slightly bent	<b>Jumping</b>	Bend knees, use arm swing for height/distance, land on balls of feet with control	<b>Rolling</b>	Tuck chin to chest, arms close, roll smoothly in a straight line	<b>Balancing</b>	Wide base of support, arms out for stability, focus eyes on a still point	<b>Dribbling (feet)</b>	Use inside of foot for control, soft touches, keep head up when moving	<b>Partner Work</b>	Clear turn-taking, mirroring actions, giving encouragement	<b>Obstacle Work</b>	Combine jumps, rolls, balances and travel into creative sequences
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