

Year 3 Multi-Skills Autumn			
Crucial Knowledge & Skills	Key Concepts		Other Key Vocabulary
Children can move with control and coordination across a range of activities. Children can change direction quickly and safely using agility. Children can balance using different parts of their body, both in stillness and in motion. Children can demonstrate basic rolling, jumping, throwing, catching, and dribbling techniques. Children are beginning to reflect on their performance and suggest ways to improve. Children understand how to work with a partner or in a team cooperatively.	Agility – The ability to move quickly and easily, especially when changing direction or speed. Spatial Awareness – Knowing where you are in space and how to move safely around others.	Balance – Staying steady and controlled whether moving or still, using a strong base and body awareness. Coordination – Using different parts of the body together smoothly and efficiently. Teamwork – Communicating and cooperating effectively with others to achieve a shared goal.	Reaction – How quickly you respond to something happening. Direction – The way you move or face, such as forwards, backwards, or sideways. Speed – How fast you can move from one place to another. Throw – Using your arm to send something away from your body. Roll – Turning your body smoothly along the floor. Travel – Moving from one place to another in different ways. Personal Best – Doing your very best and trying to improve your own result. Sequence – A series of movements or skills performed in a set order. Control – Moving your body carefully and accurately.
Important Techniques & Terms			
			
Skill	Technique Focus		
Throwing	Step forward, swing arm from low to high, release at eye-level (underarm)		
Catching	Eyes on ball, soft hands, fingers spread, knees slightly bent		
Jumping	Bend knees, use arm swing for height/distance, land on balls of feet with control		
Rolling	Tuck chin to chest, arms close, roll smoothly in a straight line		
Balancing	Wide base of support, arms out for stability, focus eyes on a still point		
Dribbling (feet)	Use inside of foot for control, soft touches, keep head up when moving		
Partner Work	Clear turn-taking, mirroring actions, giving encouragement		
Obstacle Work	Combine jumps, rolls, balances and travel into creative sequences		

