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| **Year 3 PE Autumn 1 – Gymnastics and Multi-Skills** | | | | | | | | | |
| Gymnastics | | | | | Multi-skills | | | | |
| Sticky Knowledge | |  |  |  | Sticky Knowledge | |  |  |  |
| I can travel in different ways changing speed and direction. | |  |  |  | I can travel at different speeds. | |  |  |  |
| I can travel with an object. | |  |  |  | I can travel with a partner. | |  |  |  |
| I can aim and send a ball. | |  |  |  | I can complete a stag jump. | |  |  |  |
| I can use my hands and feet to receive a ball. | |  |  |  | I can create symmetrical and asymmetrical shapes with my body. | |  |  |  |
| I can use underarm and overarm to send an object. | |  |  |  | I can complete a forwards roll. | |  |  |  |
| I can combine a variety of skill and use them in a game. | |  |  |  | I can create a short sequence of 6 elements using what I have learned. | |  |  |  |
| Keywords: | |  | | | Keywords: | |  | | |
| Travel | Aim | | | | Speed | Jump | | | |
| Send | Receive | | | | Partner | Asymmetrical | | | |
| Underarm Disclaimer | Overarm Coaching: Distribution – Over Arm Throw | Goalkeeping It Real | | | | Symmetrical | Shape | | | |
| Combine |  | | | | Roll What are Rolls in Gymnastics? - Physical Education - Twinkl | Sequence | | | |