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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  |