

Year Three – PE: Autumn 1



Subject Specific Vocabulary	
symmetrical	The same on both sides.
asymmetrical	Different on each side.
suppleness/ flexibility	The ease of which you can move.
collaboration	Working together
routine	Dance or gymnastic moves
sequence	The moves you put together in a certain order.

Subject Specific Vocabulary	
receive	To get the ball
opposition	The other team
intercept	To get the ball from another team
space	Looking for where players are not.
possession	When someone has the ball.
shoulder pass	A pass from your hand at shoulder height.

	Sticky knowledge
	Gymnastics
	Adapt means to change.
	Apparatus provides challenge.
	Apparatus influences direction and type of movement.
	Collaboratively is working together effectively.
	A routine is an order of sequences.
	Netball
	When attacking moving close to a team-mate can support them by providing a passing option.
	Moving away from a team-mate can support them by providing more space and time to execute a skill whilst occupying defenders.
	When defending working with a team-mate can cause problems for opposition.