

PE Knowledge Map - Autumn 1 - Multi Skills



Speed Bounce



Balance and Coordination

Vocabulary

Balance	put (something) in a steady position so that it does not fall.
Coordination	the ability to use different parts of the body together smoothly and efficiently.
Agility	ability to move quickly and easily.
Accuracy	The quality of being precise.
Obstacle	a thing that blocks one's way or prevents or hinders progress.
Land	come down through the air and rest on the ground or another surface.
Aim	point or direct at a target.