

P.E.

Year 3 – Fundamentals



Knowledge & Skills

Running

Knowledge – Leaning slightly forwards helps to increase speed. Leaning slightly backwards helps you to slow down. Agility helps us with everyday tasks.

Skill – I can change direction quickly.

Balancing

Knowledge – Balance helps us with everyday tasks.

Skill – I demonstrate balance when performing other fundamental skills.

Jumping and Hopping

Knowledge – If you jump and land quickly, you will travel further.

Skill – I can link hopping and jumping actions.

Skipping

Knowledge – Turn the rope from your wrists with wide hands to create a gap to step through.

Skill – I am able to jump and turn a skipping rope.

Golden Threads

Motor competence – Manipulate objects

- balance
- run
- dodge
- hop
- jump
- skip

Healthy participation

How will this unit help your body?

Agility, balance, co-ordination, speed

Rules, strategies and & tactics

Whether you are using your hands or feet, lots of teaching points that help you to use a ball are the same. For example, when dribbling a ball with your hands, feet or even bouncing it on a racket, using soft touches will help you to control it. See if you can think of any other teaching points that are the same even when using different body parts.

About this unit:

Fundamental movement skills are the basic movements that you use throughout life. These skills involve different parts of your body and help you do things like running, jumping, and balancing. They're like the building blocks for all the other sports and activities you'll do in your life. So, when you practice these skills, you're getting better at moving your body in different ways, which makes it easier for you to play games and sports, and even just have fun with your friends!



Key vocabulary

Agility: the ability to change direction quickly

Balance: the ability to maintain stability when stationary (static balance) or when moving (dynamic balance)

Co-ordination: moving two or more body parts at the same time

Control: being able to perform a skill with good technique

Take off: how you leave the ground e.g. one foot or two feet.

Technique: the action used correctly

Key Question: Why are fundamental skills so important in PE?