

# Year 3 Term 1 P.E: Fundamentals



**Curriculum Key Question:** How can I look after myself and others?  
**Topic:** How do I know dinosaurs existed?

to develop balancing and understand the importance of this skill

To understand how to change speed and be able to demonstrate good technique when running

To demonstrate a change of speed and direction to outwit others.

To develop technique and control when jumping, hopping and landing.

To develop skipping in a rope.

To apply fundamental skills to a variety of challenges.

## What should I already know?

- I can bein to provide feedback using key words
- I can turn and jump a skipping rope
- I can describe how my body feels during exercise
- I can show balance whenchanging direction
- I can show hopping and skipping and jumping with some control
- I can work with a group co-operatively
- I can work with a partner co-operatively
- I show balance and co-ordination when running at different speeds.

## Key Skills: Physical

- Balancing
- Sprinting
- Jogging
- Dodging
- Jumping
- Hopping
- Skipping



## Key Skills: S.E.T

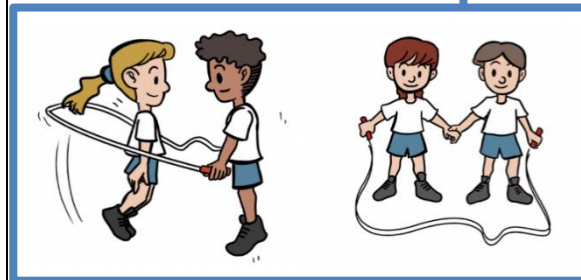
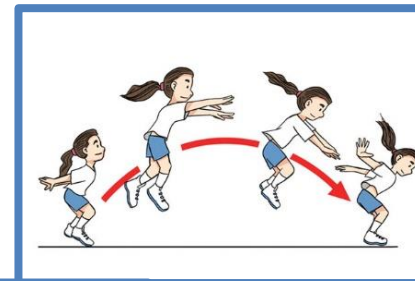
- Social: Taking turns
- Social: Supporting and encouraging others
- Social: Respect
- Social: Communication
- Emotional: Challenging myself
- Emotional: Perseverance
- Emotional: Honesty
- Thinking: Selecting and applying skills
- Observing others and providing feedback
- Thinking: Identifying strengths and areas for development

## Key Vocabulary

- **Balance:** The ability to maintain stability when stationary (static balance) or when moving (dynamic balance).
- **Jump:** Take off and land on two feet.
- **Hop:** Take off on one foot and land on the same foot.
- **Travel:** A method of moving around space e.g. jog, slide, skip, crawl etc.
- **Accelerate-** speed up
- **Decelerate** -slow down
- **Co-ordination** – using arms and legs in a controlled way
- **Tension** – using body tension to balance when stopping or landing.

## Skills I will develop:

- the fundamental skills of balancing, running, jumping, hopping and skipping.
- The ability to change direction with balance and control.
- explore how the body moves at different speeds as well as how to accelerate and decelerate.
- to observe and recognise improvements for their own and others' performances and identify areas of strength and areas for development.
- to work on their own and with others, taking turns and sharing ideas.



## What are fundamental skills?

Fundamental movement skills are a specific set of gross motor skills that involve different parts of the body. When confident and competent in these skills, children can develop more complex movement skills and apply these to recreational, activity or sport-specific situations.