

Year 2 Jays

PE

Autumn 1 2023



Fundamental Skills and Team Building

Fundamental Skills

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.

Running



Jumping



Coordination



Catching



Balance



Agility



Throwing



Key Vocabulary	Definition
Accuracy	To be precise at something; having control over it.
Agility	How well we can change our body's position.
Balance	The ability to maintain stability when stationary (static balance) or when moving (dynamic balance).
Hop	Take off on one foot and land on the same foot.
Jump	Take off and land on two feet
Leap	. Take off on one foot and land on the other foot.
Speed	How quickly we can do something
Stength	Being strong; having power over something

Team Games

Team games are a group of activities in which players need to work together.

Unlike sports played by individuals (like singles tennis and golf) teams need the skills and efforts of a group of people in order to achieve success.

In team games, skills like cooperation and communication are important.

Team members often play in different positions which are suited to their skills and abilities. Leaders or captains often lead teams.



Success in team games is about thinking carefully about the different ways that the team can be successful, and making a clear plan. This is called a strategy. Your strategy needs to take into account many different things, for example the weather, your team's strengths and weaknesses, and also your opponents.



End of Unit: PE – Fundamentals and Team Building

1. Name 3 ways to be a good team member?

2. Name 3 different fundamental skills?

3. What is a strategy?
