

Year 3



PE



Autumn 1

Fundamental skills and Gymnastics

Key Vocabulary	Definition
Gymnastics	
Action	The skill a gymnast uses in their sequence e.g. travel, jump, shape, balance, roll.
Body tension	Squeezing muscles to help to stay strong when performing actions. Having good body tension improves the quality of an action
Direction	Vary the direction used within a sequence e.g. forwards, backwards, sideways
Sequence	A number of actions linked together
Shapes	E.g. tuck, pike, straddle, dish, arch, star, front support, back support
Speed	Vary the speed used within a sequence e.g. fast and slow
Fundamental skills	
Acceleration	To speed up
Balance	The ability to maintain stability when stationary (static balance) or when moving (dynamic balance).
Control	No outfield player can touch the ball deliberately with their hand. Shoot – strike the ball towards the goal.
Co-Ordination	The ability to control the movement of the body in co-operation with the body's sensory functions, e.g. catching a ball (ball, hand and eye co-ordination).
Deceleration	To slow down, used when stopping or turning.
Distance	Good balance and weight moving towards the balls of your feet. Instep – inside of your foot.
Dodging	Dodging – to make a sudden movement in a new direction
Hop	Take off and land on the same foot
Jump	Take off and land on two feet
Technique	A technique is the way of performing a skill e.g. skill – passing; technique – chest pass.
Tension	Using body tension to help to balance when stopping or landing.

Fundamental skills

Fundamental movement skills are a specific set of gross motor skills that involve different parts of the body. We can use these to develop more complex sequences of movements for daily or sport specific situations.

Running



Jumping



Coordination



Catching



Balance



Agility



Throwing



Gymnastics

How to do a safe forward roll



A point balance on a small body part e.g. hands, elbows, feet. Like standing on one foot.



A patch balance on a large body part e.g. back, stomach, bottom.

