

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
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.

