

Year 3  
PE  
Autumn 1

Fundamental skills  
and  
Gymnastics

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	Key Vocabulary	Definition
	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.

Gymnastics

Shapes

Use body tension to make your shapes look better

Balances

make your balances look interesting by using different levels

Rolls

Tuck your chin to your chest in a forward roll. Roll onto the top of your shoulders.

Jumps

Change the shape of your jumps to make them look interesting.



How to do a safe forward roll

