

Year 3 Hummingbirds

PE

Autumn 1

Fundamental skills

and
OAA

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

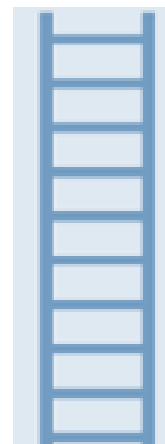


gymnastics

OAA

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
contrast	Different to one another
direction	Vary the direction used within a sequence e.g. forwards, backwards, sideways
flow	A smooth link between actions.
sequence	A number of actions linked together
match	The same
patch	A large body part
point	A small body part
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
compass	a device that shows the cardinal directions course: includes a start point, control points, and a finish point when orienteering
discuss	Talk about
honest	Give facts
interrupt	To speak while others are speaking
map	Used to show locations
route	The path taken
support	To help
symbol	A sign, shape or object representative of different features on a map e.g. a triangle for a mountain
tactics	A plan to solve a problem
compass	A device that shows the cardinal directions course: includes a start point, control points, and a finish point when orienteering
tension	Using body tension to help to balance when stopping or landing.

OAA: Outdoor Adventurous Activities ladder knowledge



Problem solving

Trying ideas before deciding on a solution will help you to come up with the best ideas.

Navigational skills

Holding a map so that the items on the map match up to real life will help you to read and understand the map and situation

Communication

Take turn when giving ideas and do not interrupt each other.

Reflection

Think about when and why you are successful at solving challenges to help you in the future.

Gymnastics strategy

Use different levels to help make your sequence look interesting.