

NATIONAL CURRICULUM:

This unit links to the following strands of the NC: use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.

PRIOR KNOWLEDGE:

In this unit pupils will develop the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. Pupils will be given opportunities to work with a range of different equipment. Pupils will be asked to observe and recognise improvements for their own and others' skills and identify areas of strength. Pupils will be given the opportunity to work collaboratively with others, taking turns and sharing ideas

KEY VOCABULARY:

Balance
Muscles
Body parts
Speeds
Transfer
Weight
Head, shoulders, hips
Momentum
Take off and landing
Rhythm

PE – Autumn 2 Year 3, Fundamentals

**Lesson Focus:**

1. To develop balancing and understand the importance of this skill.
2. To develop technique when running at different speeds
3. To develop agility using a change of speed and direction.
4. To develop technique and control when jumping, hopping and landing.
5. To develop skipping with a rope.
6. To apply fundamental skills to a variety of challenges.

CONTEXT: pupils will develop the fundamental skills of balancing, running, jumping, hopping and skipping. Pupils will develop their ability to change direction with balance and control. They will be given the opportunity to explore how the body moves at different speeds as well as how to accelerate and decelerate.

Pupils will be asked to observe and recognise improvements for their own and others' performances and identify areas of strength and areas for development. Pupils will be given the opportunity to work on their own and with others, taking turns and sharing ideas.

STICKY KNOWLEDGE:

Squeeze your muscles to help you to balance.
Observe others closely to see how their body changes.
Think about how each body part moves for different speeds
Transfer your weight from one side to the other.
Turn your head, shoulders and hips to face the new direction you want to travel in.
Use your arms to provide momentum.
Bend your knees on take off and landing to help you to balance
Make sure the rope taps the floor each time.
Use the rhythm to help you
Move your arms faster to help you to move forward quickly.
Run on the balls of your feet.

SKILLS:

Physical: balance, run, dodge, hop, jump, skip
Social: respect, collaboration, support and encourage others
Emotional: determination, perseverance, honesty
Thinking: select and apply, observation, provide feedback, comprehension