

# PE - Knowledge Organiser

## Year 3 - Spring 1 - Fundamentals



### About this Unit

Fundamental movement skills are the basic movements that you use throughout life. These skills involve different parts of your body and help you do things like running, jumping, and balancing. They're like the building blocks for all the other sports and activities you'll do in your life. So, when you practice these skills, you're getting better at making your body in different ways, which makes it easier for you to play games and sports, and even just have fun with your friends!

- · Agility: If you need to dodge someone in a busy playground
- · Balance: when you put trousers on.
- · Co-ordination: when brushing your teeth:
- · Speed when running after a bus.

Can you think of any other examples of when these elements would be useful?



## Powerful Knowledge

agility: the ability to change direction quickly balance: the ability to maintain stability when stationary (static

co-ordination; moving two or more body parts at the same time control: being able to perform a skill with good technique. rhythm; a strong, regular repeated pattern of movement

take off; how you leave the ground e.g. one foot or two feet.

technique: the action used correctly



Ladder

Knowledge

### Running:

Leaning slightly forwards helps to increase speed. Leaning slightly backwards helps you to slow down.

> Agility helps us with everyday tasks.

#### Balancing:

Balance helps us with everyday tasks.

#### Jumping and hopping:

If you jump and land guickly, you will travel further.

### Skipping:

Turn the rope from your wrists with wide hands to create a gap to step through.



- balance
- Fun. dodge
- · hop
- · Jump skip
- This unit will also help you to develop other important skills.
- respect, communication, co-operation, safety
- determination, perseverance, honesty, independence
- Thereign comprehension, select and apply, tactics, exploration

Try to develop your fundamental movement skills in everyday activities e.g. standing on one foot while brushing your teeth will develop balance and co-ordination. Hopping or jumping to the kitchen will give you a chance to develop these skills.





- . Move in a safe way both with and without eautoment.
- Ensure that all equipment is

why not see if there is an athletics club in your local area.

If you enjoy this unit

How will this unit

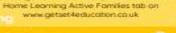
help your body?

agrity, balance,

co-ordination, speed



www.getset4education.cp.uk



## Stick Lunge

What you need: I propert and stolling, a brownship / map

### Hose to play:

- · Players take it is more to perform a longe serior
- Xnean low, here streight, chest trong towards
   Little story inequality to hard, with the story inequality to hard, with men leaked streight.
- The other player attempts to participles the large by prairing and gulling the stop or the exist.

Find more games that develop these skills in the

- The phone largeng more to stay hallowed and accreated in their huge position foreigness.

  Count for 30 seasons, and nation over.



Head to our youtube channel to wortch the skills videos for this unit.



@getset 4education 136

balance) or when moving (dynamic balance)

Conscione Cot Set & Education 114