

Autumn 1

Woodpeckers (Yr 2/3)

PE - Year 2/3 - Fundamentals



*What I should already know... how to run, jump, use space safely,*

Learning Objectives

*To develop balancing and understand the importance of this skill.*

*To explore how the body moves when running at different speeds and to develop technique when running at different speeds.*

*To develop agility when changing speed, direction and dodging.*

*To develop technique, control and stability when jumping, hopping and landing safely.*

*To explore and develop jumping, hopping and skipping actions (with and without a rope).*

*To develop combination jumping and skipping with an individual rope.*

Vocabulary

Accelerate: speed up agility: the ability to change direction quickly

Balance: the ability to maintain stability when stationary (static balance) or when moving (dynamic balance)

Co-ordination: moving two or more body parts at the same time

Control: being able to perform a skill with good technique

Decelerate: slow down

Dodge: the skill to evade another player/ situation

Distance: the measurement of space

Hop: Take off on one foot and land on the same foot.

Jog: to run at a slow, steady speed

Jump: Take off and land on 2 feet

Leap: Take off on one foot and land on the other

Momentum: the direction created by weight and power

React: to respond to quickly

Rhythm: a strong, regular repeated pattern of movement

Skip: to jump over a moving rope

Speed: how fast you are travelling

Sprint: to run at top speed for a short distance

Stability: balanced

Technique: the action used correctly

Links to the National Curriculum

KS2

*Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.*

*They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.*

KS1

*Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. They should be able to engage in competitive and co-operative physical activities in a range of increasingly challenging situations.*

*Pupils should be taught to master basic movements inc. running, jumping, throwing and catching, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities.*

Fundamental movement skills are like the building blocks of all the fun things your body can do. They're special moves that help you play, explore, and stay active.



