

## **Medium Term Plan: Supporting Implementation of**

### **Subject: Year 3 Autumn 1 – Fundamental Skills:**

In this unit 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 speed up and slow down.

Pupils will be given the opportunity to work on their own and with others, taking turns and sharing ideas.

#### **N/C links:**

- use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.

#### **Key skills:**

- Physical: balance, run, dodge, hop, jump, skip
- Social: respect, communication, co-operation, safety
- Emotional: determination, perseverance, honesty, independence
- Thinking: comprehension, select and apply, tactics, exploration

### **Prior Learning (what pupils already know and can do)**

- Running: Putting weight into the front of your feet helps you to stop in a balanced position. Running on the balls of your feet, taking big steps and having elbows bent will help you to run faster.
- Balancing: Squeezing your muscles helps you to balance.
- Jumping: Swinging your arms forwards will help you to jump further.
- Hopping: If you look straight ahead it will stop you from falling over when you land. Skipping: Swing opposite arm to leg to help you to balance when skipping without a rope.

### **Long-term Learning (what pupils MUST know and remember) End Goals**

- Be able to jump and turn a skipping rope.
- Change direction quickly.
- To identify when successful.
- To link hopping and jumping actions.
- Demonstrate balance when performing other fundamental skills.
- Understand how the body moves differently at different speeds.
- Understand why it is important to warm up.

### **Key Vocabulary**

Agility, balance, coordination, control, rhythm, take off, technique

Session 1 - To develop balance and apply it to other fundamental movement skills.

### **Success Criteria**

- Bend your knees on take off and landing to help you to balance.
- Squeeze your muscles and keep your chest up to help you to balance.

### **Whole Child Objectives**

- Social: To show respect towards others when competing.
- Emotional: To challenge myself to work to the best of my ability.
- Thinking: To recognise what balance looks like in other FMS.

### **Vocabulary**

Balance, take off

## **Medium Term Plan: Supporting Implementation of**

Session 2 - To understand how the body moves differently at different speeds.

### **Success Criteria:**

- Co-ordinate your run by moving alternate arm to leg forwards and backwards.
- Think about how each body part moves for different speeds.

### **Whole Child Objectives:**

- Social: To listen to others and share ideas.
- Emotional: To challenge myself to work hard.
- Thinking: To change my speed to be able to run over a period of time.

Individual skipping video to be shown -

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12238>

Sprinting video to be shown - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12342>

### **Vocabulary**

Coordination, balance, rhythm

Session 3 –To develop technique when changing speed.

### **Success Criteria:**

- Lean slightly forward to speed up and slightly back to slow down.
- Stop with balance by putting your weight into the front of your feet.

### **Whole Child Objectives:**

- Social: To watch my teammates and communicate the technique I see.
- Emotional: To persevere when playing games.
- Thinking: To use a change of speed to outwit an opponent.

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<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12238>

Sprinting video to be shown - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12342>

### **Vocabulary**

Balance, technique, rhythm

Session 4 - To develop agility using a change of speed and direction.

### **Success Criteria:**

- 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.

### **Whole Child Objectives:**

- Social: To play fairly with others.
- Emotional: To show honesty when playing games.
- Thinking: To create a plan to help me outwit an opponent.

Individual skipping video to be shown -

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12238>

### **Vocabulary**

Agility, balance, control

## **Medium Term Plan: Supporting Implementation of**

Session 5 – To develop technique and control when jumping, hopping and landing

### **Success Criteria:**

- Bend your knees on take off and landing to help you to balance.
- Keep your chest up.

### **Whole Child Objectives:**

- Social: To work safely around others travelling in the same direction when skipping.
- Emotional: To work independently when exploring jumping and hopping.
- Thinking: To explore ideas and evaluate my findings.

Hop video to be shown – <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=24315>

Individual skipping video to be shown -

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12238>

Jump video to be shown - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12235>

### **Vocabulary**

Balance, control, technique

Session 6 - To apply fundamental skills to a variety of games.

### **Success Criteria:**

- Bend your knees on take off and landing to help you to balance.
- Move your arms faster to help you to move forward quickly.
- Run on the balls of your feet.

### **Whole Child Objectives:**

- Social: To encourage others in my group.
- Emotional: To try my best.
- Thinking: To listen to the instructions and understand what to do.

Individual skipping video to be shown -

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12238>

### **Vocabulary**

Balance, control, rhythm

### **Future learning this content supports:**

This unit will support children with future units throughout KS2. Due to having a variety of activities taught throughout this unit, pupils will have gained a broad range of skills that will be transferred across units they encounter in the future. Pupils will have improved their balance, speed, coordination and agility. These skills will also be essential during their participation of various sports across KS2 such as football, dodgeball, tag rugby, etc.