

Year 3 Term 2

**PHYSICAL EDUCATION**  
**Fundamental Movement Skills (FMS)**



**National Curriculum Links:**

Develop flexibility, strength, technique, control and balance

**Essential Prior Learning:**

Children can follow the rules of a game, accept that sometimes they win and sometimes they fail and they are to practice encouraging others.  
Children to be able to roll on side, twist/rotate.  
Children to be able to overarm throw for distance, strike with the hand, foot and hand dribble.

**Progression in Skill:**

Practice: overarm throwing for distance, strike with the hand (bounce ball), foot dribbling.  
Teach: strike with implement, using one or two hands  
Throw a variety of objects changing action for accuracy and distance.  
Practice: roll on side, twist/rotate.  
Teach: rocking and rolling.  
Be able to manage failure.  
Celebrate personal successes and those of others.

Work with a small group to play games and solve challenges.  
Begin to recognise what my own personal best looks like.

**Long-term Memory Knowledge:**

Develop confidence in using a range of movement skills such as throwing, striking, dribbling, and rolling.  
Know how to use a range of different equipment effectively.  
Adapt techniques to suit different tasks, focusing on accuracy, control, and distance.  
Experiment with body movements such as rolling, twisting, and rotating to build coordination.  
Know how to combine movements into sequences, including rocking and rolling.  
Show resilience by learning to manage setbacks and respond positively to challenges.  
Celebrate progress and achievements, both personal and those of others.  
Work cooperatively in small groups to play games and solve physical challenges.  
Begin to understand and reflect on personal progress, identifying what their own best looks like.

**Key Vocabulary**

<b>Throwing</b>	Using your arm to send an object through the air, aiming for distance or accuracy.
<b>Striking</b>	Hitting an object (like a ball) with your hand or an implement such as a bat or racket.
<b>Rolling</b>	Moving your body smoothly across the ground, often sideways or in a curled position.

<b>Dribbling</b>	Controlling a ball with your feet while moving, often used in games like football.
<b>Teamwork</b>	Working together with others to achieve a goal, solve problems, or play games.
<b>Resilience</b>	Being able to cope with challenges, keep trying after mistakes, and learn from failure.

**Progression in Resources:**

Strike using an implement

**Relevance**

<b>Now</b>	Explore and become comfortable with basic movement skills. Begin to enjoy physical activity as a way to play, express themselves, and work with others. Learn to celebrate their own successes and those of their peers, and start recognising what their personal best looks like.
<b>Future</b>	Begin to play informal games with friends or at clubs. Learn to manage failure, solve challenges in small groups, and understand the value of teamwork.
<b>Aspiration</b>	Represent the school or a club at competitions, demonstrating resilience, sportsmanship, and a commitment to personal growth — striving to improve and helping others do the same.