

Year 3 Term 4

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.
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.

Make choices based on opportunities for success. (e.g. choosing a larger tennis racket knowing you are more likely to be successful in hitting the ball).

Long-term Memory Knowledge:

Develop confidence in using a range of movement skills such as throwing, striking and dribbling.
Know how to use a range of different equipment effectively.
Adapt techniques to suit different tasks, focusing on accuracy, control, and distance.
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.
Make choices that increase the chances of doing well, such as selecting equipment or options that make success more likely.

Key Vocabulary

throwing	using your arm to send an object through the air, aiming for distance or accuracy.
striking	hitting an object (like a ball) with your hand or an implement such as a bat or racket.
accuracy	doing something carefully and correctly.
distance	how far something goes.
dribbling	controlling a ball with your feet while moving, often used in games like football.

personal best	the best you have ever done at something.
teamwork	working together with others to achieve a goal, solve problems, or play games.
resilience	being able to cope with challenges, keep trying after mistakes, and learn from failure.

Progression in Resources:

range of balls of different sizes and 'bounceability'
tennis rackets

Relevance

Now	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.
Future	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.
Aspiration	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.