Year 3 Term 2

PHYSICAL EDUCATION

Fundamental Movement Skills (FMS)



National Curriculum Links:
Develop flexibility, strength, technique, control and balance

Essential Prior Learning:
Follow the rules of the game, accepting that some will win and some will lose. Encourage others to keep trying. Work with a partner to play games and solve challenges. Show willingness to persevere to meet the challenge set. Recognise how different activities make you feel.

Progression in Skill:
Practice: gallop, side, gallop, lunge. Learn: dodge Show balance when changing direction in combination with other skills. Practice: roll on side, twist/rotate. Learn: 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:
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	
gallop	a travelling movement where one foot leads and the other follows behind, creating a smooth step-together rhythm. The same foot stays in front throughout the movement
lunge	a movement where one foot steps forward, sideways or backwards while bending the knee and lowering the body, helping to improve balance, strength and stability
dodge	a quick change of direction or speed to avoid an object, person or obstacle while maintaining control of the body.
twist	a movement where the body rotates around its centre, usually at the waist, shoulders or hips, while keeping balance and control
rocking	a controlled movement where the body gently shifts weight backwards and forwards or side to side while maintaining balance
rolling	a movement where the body rotates along the floor in a controlled way, such as a log roll or side roll, transferring weight smoothly across different body parts

Progression in Resources:
mats springboard (supports rocking and rolling action)

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.