

YEAR 3/4

Fundamentals Y3/4

Scheme of Work

Introduction

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 accelerate and decelerate.

Pupils will be asked to observe and recognise improvements for their own and others' performances and identify areas of strength and areas for development. Pupils will be given the opportunity to work on their own and with others, taking turns and sharing ideas.

This unit links to the following strands of the NC: 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, collaboration, support and encourage others
- Emotional: determination, perseverance, honesty
- Thinking: select and apply, observation, provide feedback, comprehension

Learning Objective

LESSON 1	To develop balancing and understand the importance of this skill.
LESSON 2	To develop technique when running at different speeds.
LESSON 3	To develop agility using a change of speed and direction.
LESSON 4	To develop technique and control when jumping, hopping and landing.
LESSON 5	To develop skipping with a rope.
LESSON 6	To apply fundamental skills to a variety of challenges.

Assessment Criteria

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- I am able to jump and turn a skipping rope.
- I can change direction quickly.
- I can identify when I was successful.
- I can link hopping and jumping actions.
- I demonstrate balance when performing other fundamental skills.
- I understand how the body moves differently at different speeds.
- I understand why it is important to warm up.

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- I can change direction quickly under pressure.
- I can explain what happens when I exercise.
- I can identify when I was successful and what I need to do to improve.
- I can link hopping and jumping actions with other fundamental skills.
- I can work with others to complete skipping challenges.
- I demonstrate good balance and control when performing other fundamental skills.
- I understand and can demonstrate how and when to speed up and slow down when running.

Links to the National Curriculum

MATHS

- Counting
- Measuring distances
- Understanding scales

ENGLISH

- Communicating with others
- Expressing ideas
- Learning of key vocabulary: see 'Knowledge Organiser' and 'Vocabulary Pyramid'
- Listening to and following instructions

SCIENCE

- Understanding changes to the body when exercising

Healthy Participation

Encourage pupils to move in a safe way both with and without equipment. Ensure that all equipment is stored safely when not in use.

This unit will develop agility, balance, co-ordination, speed.

If pupils enjoy this activity, signpost them to local opportunities.

Encourage pupils to find home learning relevant to this unit on the Knowledge Organiser.
