

Fundamentals

Key Vocabulary for Fundamentals

Distance – the length of the space between two points.

Technique – a skill or ability.

Control – the ability to manage a moving object.

Tension – the state of being stretched tight.

Coordination - the ability to use different parts of the body together smoothly and efficiently

Rhythm - a strong, regular repeated pattern of movement or sound.

Key Knowledge for Fundamentals

Running: understand that leaning slightly forwards helps to increase speed (acceleration). Leaning my body in the opposite direction to travel helps to slow down (deceleration).

Balancing: understand how balance helps us with everyday tasks.

Jumping and hopping: know that if I jump and land in quick succession, momentum will help me to jump further.

Skipping: understand that I should turn the rope from my wrists with wide hands to create a gap to step through.

Key Skills for Fundamentals

Running: change direction. Show an increase and decrease in speed.

Balancing: demonstrate balance when performing other fundamental skills.

Jumping and hopping: link jumping and hopping actions.

Skipping: jump and turn a skipping rope.

Concepts

Motor Competence - having a secure repertoire of fundamental movement skills and techniques that form increasingly complex movement patterns and sequences within domain-specific contexts.

Strategies and Rules - having an increasingly complex knowledge of context-specific rules, conventions, regulations and strategies and knowing how to be successful across a range of activities and sports.

Healthy Participation - understanding and demonstrating how to safely prepare and participate in increasingly specific contexts, and the short-term and long-term impacts of sport and physical activity.

PE Year 3: Spring 1

Key Questions

Dance

Why is it important to use counts?

What are dynamics?

How do we use dynamics for attracting and repelling movements?

What effect does the use of canon and unison have on a performance?

How can we make everyone feel included in a dance group?

Fundamentals

Tension of which part of your body will help increase your balance?

Why are your arms so important when you are sprinting?

How can you identify when someone is aiming to achieve a fast pace when they are running?

Why does jumping allow you to travel further than hopping?

How can you show good sportsmanship whilst competing?

Dance

Key Vocabulary for Dance

Flow – move steadily and continuously.

Stimulus - an event that evokes a specific reaction.

Formations - the action of forming or process of being formed.

Canon - this technique requires dancers to take it in turns to perform a movement that is then identically copied and performed by others.

Unison - simultaneous performance of an action.

Relationships - the way in which two or more concepts, objects or people are connected.

Expression – conveying feeling in a performance.

Dynamics – the way in which the shape of a movement is done.

Key Knowledge for Dance

Actions: understand that sharing ideas with others enables my group to work collaboratively and try ideas before deciding on the best actions for our dance.

Dynamics: understand that all actions can be performed differently to help to show effect. Space: understand that I can use space to help my dance to flow.

Relationships: understand that 'formation' means the same in dance as in other activities such as football, rugby and gymnastics.

Performance: understand that I can use timing techniques such as canon and unison to create effect.

Strategy: know that if I show sensitivity to the music, my performance will look more complete.

Key Skills for Dance

Actions: create actions in response to a stimulus individually and in groups.

Dynamics: use dynamics effectively to express an idea.

Space: use direction to transition between formations.

Relationships: develop an understanding of formations.

Performance: perform short, self-choreographed phrases showing an awareness of timing.