

# Knowledge Organiser

## Fundamentals Year 3 and Year 4

### About this Unit

Fundamental movement skills are a specific set of skills that involve different body parts. These skills are the base for more complex skills that you will learn throughout your life. They help us take part in games, sports and everyday activities. We use them when we walk, jump, ride a bike, eat food, get dressed, brush our teeth, sing and dance.

Physical fitness includes many different parts such as agility, balance, co-ordination, speed, stamina and strength. These elements are so important in everyday activities such as these examples...

- Agility: if you need to dodge someone in a busy playground.
- Balance: when you put trousers on.
- Co-ordination: when brushing your teeth.
- Speed: when running after a bus.

Can you think of any other examples of when these elements would be useful?



### Key Vocabulary



**accelerate:** speed up  
**agility:** the ability to change direction quickly  
**balance:** the ability to maintain stability when stationary (static balance) or when moving (dynamic balance)  
**co-ordination:** moving two or more body parts at the same time  
**control:** being able to perform a skill with good technique  
**decelerate:** slow down  
**distance:** the measurement of space  
**momentum:** the direction created by weight and power  
**react:** to respond to quickly  
**rhythm:** a strong, regular repeated pattern of movement  
**speed:** how fast you are travelling  
**stability:** balanced  
**technique:** the action used correctly

### Ladder Knowledge



#### Running:

**Year 3:** leaning slightly forwards helps to increase speed (acceleration). Leaning your body in the opposite direction to travel helps to slow down (deceleration). Agility helps us with everyday tasks.

**Year 4:** keeping your elbows bent when changing direction will help you to stay balanced.

#### Balancing:

**Year 3:** balance helps us with everyday tasks.

**Year 4:** squeeze different muscles to help you to stay balanced in different activities.

#### Jumping and hopping:

**Year 3:** if you jump and land in quickly, momentum will help you to jump further.

**Year 4:** swinging your non-hopping foot helps to create momentum.

#### Skipping:

**Year 3:** turn the rope from your wrists with wide hands to create a gap to step through.

**Year 4:** keeping your chest up helps you to stay balanced.

### Movement Skills

- balance
- run
- dodge
- hop
- jump
- skip

This unit will also help you to develop other important skills.

**Social** respect, collaboration, support and encourage others

**Emotional** determination, perseverance, honesty

**Thinking** select and apply, observation, provide feedback, comprehension

### Strategy

Identify your areas of strength and your areas for development. Then, think of everyday activities where you could practice e.g. standing on one foot while brushing your teeth will develop balance and co-ordination.

### Healthy Participation



- Move in a safe way both with and without equipment.
- Ensure that all equipment is stored safely when not in use.

If you enjoy this unit why not see if there is an athletics club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

### Change it

**What you need:** someone to time, four cushions and three socks.

#### How to play:

- Place the cushions randomly in a space. Place a sock on three of the four cushions, leaving one cushion empty.
- Time one minute.
- Collect one sock from a cushion and place it on top of the empty cushion. Then collect another sock from another cushion and place it on the new empty cushion. How many socks can you move in one minute?
- Play again, can you improve your score?
- Make this harder by moving the cushions further apart.

[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit. [@getset4education136](https://www.youtube.com/@getset4education136)