

Physical Education

Fundamental Skills

EYFS & KS1 – Spring 2

Things I already know

I know how carry out the basic fundamental skills- e.g- underarm throw, rolling a ball and jump and land correctly.

I know how to make a range of shapes on small and large body parts.

I know how to use a range of small and large equipment.

Key Facts

- **Fundamental skills are using in all physical sports.**
- **Gross motor skills are vital as they support fine motor skills.**
- **We use our fundamental skills daily without even realising!**

Key Vocabulary

Sprinting- to run a short distance at top speed.

Hurdling- to leap over obstacles while running.

Jumping- to push off a surface into the air by using the muscles in your legs and feet.

Throwing- to launch something with force from the hand.

Questions I can answer

Can I work independently and as a team in fundamental games?

Am I able to throw a ball using an under arm or over arm throw with more accuracy?

Can I move in a variety of ways using co-ordination?

Significant people



Katarina Johnson-Thompson –
GB Olympic Athlete

FRUITS

Faith – How different cultures and religions come together and compete.

Relationships – Working together as a team.

Uniqueness – Everyone is unique in their own way.

Intellect – How we use our knowledge to use our fundamental skills.

Treat Others with Respect – Treat everyone with respect.

Salvation – Understanding that it is okay to not always win, just know to keep going!