

PE KS2 Fundamentals ABC Skills

This unit is used to upskill the children/ revise the basic movements before moving onto more focused sports/ activities.



National Curriculum subject content:

Develop flexibility, strength techniques control and balance.

Compare their performance with previous ones and demonstrate improvement to achieve personal best.

- ✓ Using running, jumping, throwing, and catching in isolation Use running jumping, throwing, and catching in isolation.
- ✓ Play competitive games and apply basic principles of attacking and defending.
- ✓ Develop flexibility, strength, technique, control, and balance.
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National Curriculum theme:

- ✓ Multi skills
- ✓ PHSE Team/ pair work
- ✓ Speaking and listening

Key Vocabulary:

Accuracy	It is correct or as near to target as possible
Agility	The ability to change the position of the body quickly and with control.
Balance	The ability to stay upright and or in control of body movements.
Circuit	A sequence of activities
Coordination	The ability to use two or more body parts together. This helps all athletes to move smoothly and quickly, especially when having control of a ball.
Dribbling	Moving the ball close and under control
Overarm	Throwing object behind and over shoulder
Personal Best	Your best achievement/ score
Skills	Skills - Are learned abilities that athletes acquire through training and practice
Space	A clear area.
Speed	- Speed is the ability to move parts of your body quickly, or the rate at which someone can perform a movement or cover a distance.
Stamina	Being physically fit to compete
Stance	Position ready
Underarm throw	Throwing object from waist/ hips underarm

Sequence of Learning:

Objectives (key knowledge):

To know how to balance and coordinate body.	To know how to use balance skills while running and jumping.	To know running/ jumping techniques, the principles of balance, bases, lower centre of gravity, losing balance	To know how to balance and use coordination when catching and sending.	To know how to use coordination and agility effectively to create space.	To implement coordination, agility and balance skills in a range of situations.
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Fundamental Skills

For more details see Know the Games notes