

PE

FLE YRR

Can I learn new skills to play a game better?



What I have learnt before:

- We need to warm up before exercise to protect our body.
- We can hold out our arms to help us balance.

Forever Facts

I know that I need to use my fingertips to bounce a ball effectively.

I know that exercise makes my heart beat faster; it means my heart is pumping more blood around my body.

I know that I must keep my eyes on a ball when bouncing it to maintain more control.

Skills

I can stop and start movement whilst having control over my body.

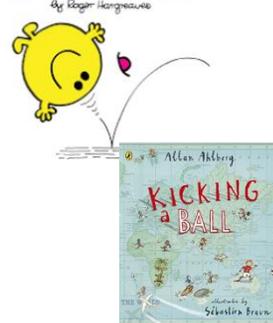
I can show some control over a ball and where I would like it to go.

Endpoint:

I can apply my new skills to play a game of 'fishy, fishy, fishy'.

Exciting Books

MR. BOUNCE



Personal Development

- To know that exercise is important for our body to keep us healthy.
- Working collaboratively with others.

Subject Specific Vocabulary

Balance

Distributing your weight evenly so you don't fall over.

Exercise

An activity requiring physical effort to improve health and fitness.

Jogging

Running at an easier, slower pace.

Passing (a ball)

Giving the ball to someone else.

Control

To be in charge of your body and not let it go all floppy.