

PE

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Can I use all of my new skills in a game?

**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.
- Looking at a point ahead can help us to balance.

Forever Facts

If my chin is up and my eyes are looking straight ahead it will be easier to balance a beanbag on my head.

Using my arms effectively can help me to jump higher and a greater distance.

When I breathe heavier during exercise, it is my body taking in more oxygen.

When I land a jump, I must bend my legs to protect my body.

Skills

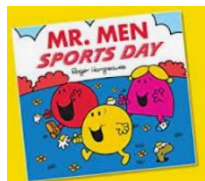
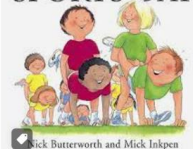
I can move my body slowly and faster with control.

I can balance a beanbag on my head whilst moving forwards slowly.

I can talk about what happens to my body during exercise.

Endpoint:

I can apply my new skills to a game situation.

Exciting Books**SPORTS DAY****Personal Development**

- To know that exercise is important for our body to keep us healthy.
- Working collaboratively with others in partners and a team.

Subject Specific Vocabulary

Directions

The path that something travels or points: left, right, up, down.

Strides

To walk or run taking long, even steps.

Speed

How fast or slow something is moving.

Balance

Being steady; not wobbling or falling over.

Obstacles

Something in your way that stops you moving forwards - you may need to jump over it or crawl under it for example.

