

Prior Learning: In Early years, children began to develop the fundamentals of movement e.g. walking, running, jumping, hopping, skipping. Through first PE they attempted balancing activities (on the floor) and began to develop their agility (running in different directions). They also learned how to co-ordinate different body parts and they were introduced to equipment balloons and balls.

Physical Me

Key Skills

Thinking Me

- To remember my skills

Value Me:

- Kindness

Social Me

- Taking it in turns



-Balance - On the floor, equipment (on body), low apparatus

-Agility - Running games

-Co-ordination -**skipping, hopping, jumping, running**

- **Throwing** at a target

- Moving with equipment in different directions

Key Vocabulary

Jump

Balance

Safe

Personal best

Target

Space

Jog

Rules

Dribbling

Key Knowledge

Balance:

Head – Look forward

Shoulders – Arms in line

Knees – Slightly bent

and **Toes** – Light feet

Safe- When moving look out for your friends

Personal Best (PB)- To beat your own score

Catching- Hands out ready to make a target

