

Prior Learning: In year 1, children learned different ways of balancing on the floor- on objects and low apparatus. They learned how to pick up objects in competitive games situations and to change direction (agility) when moving. They learned how to move in a variety of ways with control on their own and with equipment (co-ordination) .They also practiced their throwing and catching skills with a variety of objects.

Physical Me

Key Skills

Thinking Me

Key Vocabulary

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

- To remember my skills

-**Agility** - Running games



Value Me:
- Kindness

- **Co-ordination** -**Skipping, hopping, jumping, running**
- **Throwing** at a target
- Moving with equipment in different directions

Social Me
- Taking it in turns

Paces

Balance

Control

Personal best

Apparatus

Space

Skipping

Run

Direction

Key Knowledge

Balance:

Direction- You can change direction when running
- it is important to keep your balance as you turn your body

Head – Look forward

Shoulders – Arms in line

Knees – Slightly bent

and **Toes** –Light feet

Space - When moving around, find a space to run, jump, jog, move.

Paces - How many steps you take

