

**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

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

-**Agility** - Running games



## Value Me:

- Kindness

## Social Me

- Taking it in turns

-**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