

PE

FLE YRR

Can I use my skills to create a sequence?

**What I have learnt before:**

-We have taken part in some physical activities.

Forever Facts

I need to look forwards when I am moving.

If I move on the balls of my feet, I will move faster and have more control.

Being still and tense whilst holding a pose will show control and look neater.

Skills

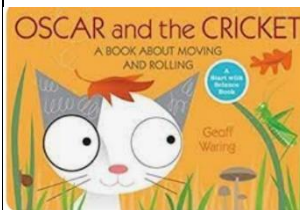
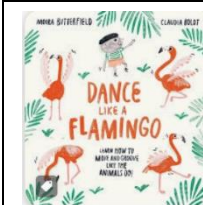
I can listen to and follow instructions.

I can demonstrate control over my own body.

I can move in a variety of ways.

Endpoint:

Travelling from one point to another using a role to link movements.

Exciting Books**Personal Development**

-To know that exercise is important for our body to keep us healthy.
-To work alongside others effectively.

Subject Specific Vocabulary

Balance

Being able to stay still and not falling.

Warm up

Moving your body before exercise to warm it up and increase your heart rate and blood flow.

Performance

Presenting to others.

