

Cremyll Class

Autumn 1: 2021



P.E.



Shapes

All monkeys are different so we don't have to be the same. I'm searching for food.



Snakes move on their tummy's and slide along the ground. It looks like this.



Shapes: Continued, being vehicles and animals

You can think about how it moves and make those shapes using your arms and legs.



Cats like to jump up and push you. They stand on their legs

Crabs move like this using all their legs and claws.



Balance



Using my legs to pretend to sit is hard as there isn't a chair to stop me falling over.

I have to concentrate so I don't fall over.

If I put my arms out it helps me to balance so I don't fall over.



Movements

Following a sequence means I know what comes next.

When we moved quickly it was harder to stay balanced. .

We can make shapes to tell the story.

We can make balances to show who is in the story.



Tuesday 12th October

One day a old warrior was walking through a ~~be~~ forrest full of tall trees. He decided to sit on a chair like Log and watch the world go by. From his chair in the trees he saw warriors battling like frogs (squat) jumping around boats in the pond. He saw cats being chased around fields by playful dogs and he saw farmers plant

their crops.

When he suddenly spotted a gigantic mountain in the distance.

He jumped up and ran as fast as he could determined to find out what was hidden on the mountain.

Would there be bears?

Would there be lions?

Would there be snakes?

Would there be cars?

Or would there be aeroplanes?

The only way to be sure would be to go and explore! TBC...

Sequence

We can a balanced movement by pretending to run without running.

Telling a story with movement is hard because we can't talk.



We can be tall mountains by stretching high and fat mountains by making big shapes.



Our Endpoint

A sequence incorporating our new skills learned.

Knowledge

Keeping healthy means caring for your body so you have enough energy to learn, play and grow.

Regular sport and exercise help us to stay healthy.

Having control over your breathing will enable you to get into some more challenging poses.

Stretching keeps the muscles flexible, strong and healthy.

Everyone should have their '5 a day' – this means five portions of fruit and vegetables, to get the right amount of nutrients.

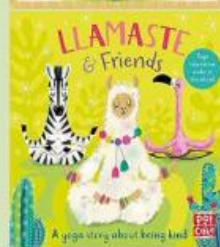
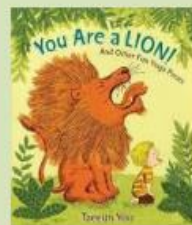
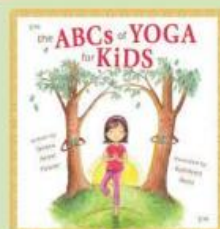
All foods contain nutrients which your body needs to stay active throughout the day. Some foods have more nutrients than others.

It's important not to eat too much sugar and salt: sugary foods are bad for your teeth and salty foods can lead to heart disease.

Being active means physical activity like sport and mental activity like completing following instructions.

Mindfulness helps us to be calm and quiet which is good for our mental well-being.

Exciting Books



Culture capital

Giving peers space to move giving yourself time to pause, think and move in sequence to follow a story.

What we already know: Exercise is important to keep our minds and body's healthy. Practicing movements helps our bodies get stronger. We need to practice to balance.

Subject Specific Vocabulary

healthy	keeping healthy means doing things that are good for your body – things like eating nutritious foods, exercising, brushing your teeth and getting enough sleep
exercise	to be physically active
active	to move
control	to be in charge of your body movements
coordination	the ability to use different body parts together smoothly
balance	The distribution of weight to ensure that we are able to stand upright and steady
flexibility	to have the full range of movement in your body

Skills

- Copy and repeat simple skills and actions
- Understand the importance of being active.
- Talk about how to exercise safely.
- Begin to move with increasing control and care
- Make simple moves with increasing control and coordination