

PE

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## Jumping Jacks and Rock &amp; Roll

## Forever Facts

I know that I need to bend my knees when I jump to protect my body.

## Skills

I can hold a balance for a count of three.

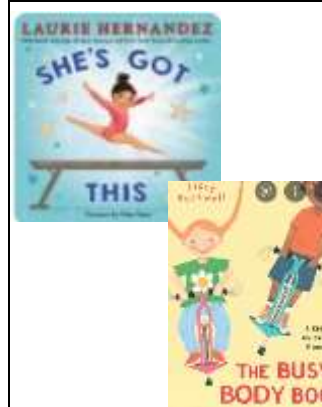
I can climb on and off equipment, safely.

I can perform a variety of rolls.

## Endpoint:

A sequence joining at least three rolls together.

## Exciting Books



## Personal Development

-To know that exercise is important for our body to keep us healthy.

## Subject Specific Vocabulary

Balance

Distributing your weight evenly so you don't fall over.

Exercise

An activity requiring physical effort to improve health and fitness.

Gymnast

Someone who takes part in gymnastics; exercises that help balance and strength.

performance

Presenting to others.