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| PE FLE Y1/2 Starry Skies |
|  Our Endpoint To create and perform a dance  |
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| **Knowledge** |
| Keeping healthy means caring for your body so you have enough energy to learn, play and grow. FF  |
| Regular sport and exercise help us to stay healthy. FF |
| We must dress appropriately for PE to ensure that we and others, are safe. FF |
| Stretching keeps the muscles flexible, strong and healthy. FF |
| Everyone should have their ‘5 a day’ – this means five portions of fruit and vegetables, to get the right amount of nutrients. FF |
| All foods contain nutrients which your body needs to stay active throughout the day. Some foods have more nutrients than others. FF |
| 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. FF |
| Dancing is a form of exercise but doesn’t always feel like it! FF |
| Gravity is the force that pulls things towards the Earth – us included! FF |

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| **Exciting Books** |
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| **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  |
| performance | The act of presenting your work to others |

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| **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 |
| Link simple moves with increasing control and coordination |

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| SMSCSocial – Giving peers space to move; watching peers perform Spiritual – participate in ‘musical’ activities |