



**What I have learnt before:**

-Looking forwards helps you to balance. You can use your arms to help you with jumping. Bending legs when jumping off apparatus in gymnastics. You must warm up before exercise to protect your muscles.

**Forever Facts**

When I am moving forwards, I must look straight ahead.

I must keep my eyes on the target that I am aiming for.

I need to pick up my knees when I am approaching an obstacle.

To land a jump safely, I must bend my knees like a spring.

**Skills**

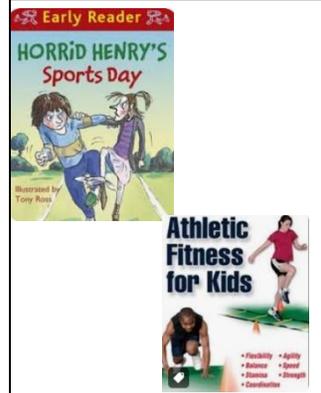
I can land safely after performing a jump.

I can walk/run in a co-ordinated way.

I can throw a range of implements for distance.

I can swing my arms forwards to help me jump further.

**Exciting Books**



**Personal Development**  
 -To know that exercise is important for our body to keep us healthy.  
 -Working collaboratively with others in partners and a team.

**Subject Specific Vocabulary**

Jog	Faster than walking but there is always one foot in contact with the ground.
Running	Faster than jogging and often there is a period of time where both feet are off the ground.
Target	The point that you are aiming your object at
Obstacles	Something in your way that stops you moving forwards - you may need to jump over it or crawl under it for example.

**Endpoint:**

I can apply my new skills to take part in a mini event.

