

Year 1: Physical Education

Warm Up

We need to warm up before we exercise to pump blood around our bodies, move our joints and stretch our muscles.

Games: Ten Point Hoops

Change speed and direction.



Throw underarm and overarm.



Throw at a range of targets.



Bounce and catch.



Work with a partner.



Outdoor and Adventure: Where are we going?



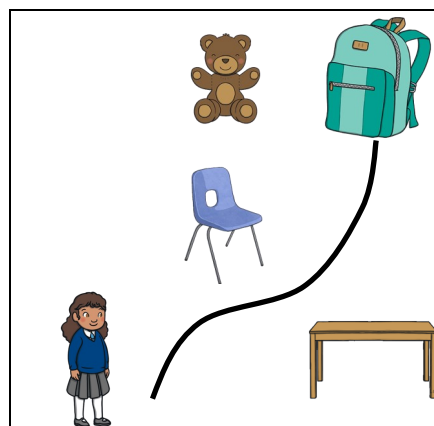
next to



in front of



behind



To get to her bag, she needs to:

- walk forwards
- walk between the chair and the table
- stand next to the bear

Vocabulary

active	keep moving
aim	point or direct at something
balls of feet	padded part of sole between the toes and the arch
defend	protect against
happiness	feeling happy and cheerful
health	the condition of your body
physical	parts of a body, not the mind
physically healthy	to have a body free from illness or injury
regular exercise	being active every day
temperature	how hot or cold something is

Physical activity keeps people healthy because it makes you mentally happy.

You should do exercise every day. It could be: walking to school, riding a bike, running around the playground or playing outside.

Being mentally healthy is just as important as being physically healthy.

Vocabulary

challenges	a contest or task
diagrams	pictures to show you information
explore	find out things
follow a trail	to move along a path or a map to get somewhere
listen	pay attention
maps	show an area of land or sea
mentally healthy	feeling positive and happy
pictures	photos or images
seek and find	look for something
symbols	images or marks to show something

CRC - Article 24: All children have the right to the best possible health. Article 29: All children have the right to be the best that they can be.