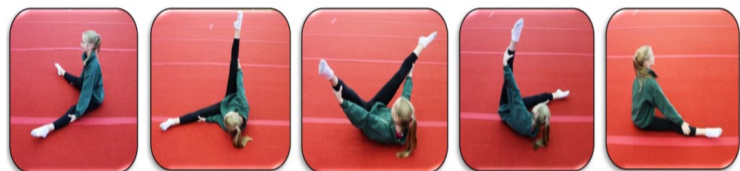


# Year 1: Physical Education

## Warm Up

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

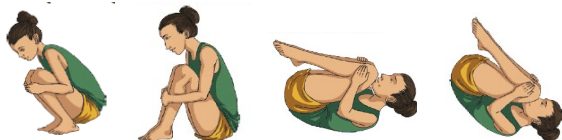
### Gymnastics: Making Shapes



Teddy bear roll



Straddle shapes



Tuck shapes

### Vocabulary

cartwheels	A sideways rotary movement of the body.
gallops	To run rapidly in leaps like a horse.
heartbeat	The pulsation of the heart.
jumps	To spring clear of the ground.
safe	To be free from hurt, injury, danger, or risk.
shapes	To make different gymnastic positions.
space	To be set some distance apart.

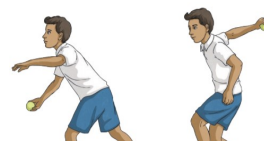
Which two shapes did you do in your sequence?

Remember that you need to include rolling, travelling and jumping.

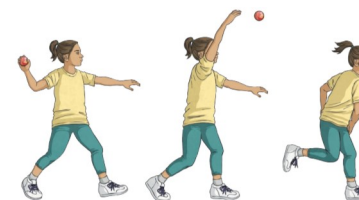
**Physical activity and time outdoors keeps people healthy because it helps you to be mentally healthy and happy.**  
**You should do exercise every day. It could be: walking to school, riding a bike, running around the playground or playing outside.**  
**Being mentally healthy is just as important as being physically healthy.**

### Games: Rolla Ball

Score as many points as you can by throwing and rolling a ball.



underarm throw



overarm throw



rolling a ball

You will practise:

- moving into different positions before rolling.
- rolling with a suitable technique.
- moving to try to intercept the ball.
- scoring in the game.

### Vocabulary

calm	To be still or nearly still.
free space	A space that has nothing in it.
intercept	To take possession of a ball during an attempted pass by an opposing team.
quiet	When there is no noise.
rolling	The action of anything that rolls.
slow	Moving with little or less than usual speed.
small	To be of limited size.
underarm throwing	To throw underarm moving the arm back and then forward with your palm upwards.