

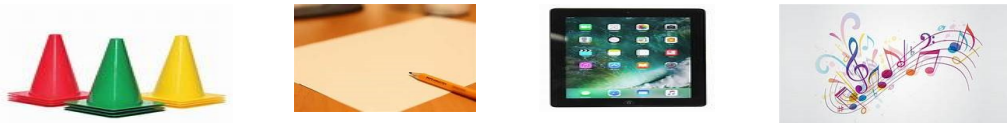
# Year 1: Physical Education

## Warm Up

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

### Dance: Moving Along

To create short dance performances on the theme of travel.  
Equipment that you need:



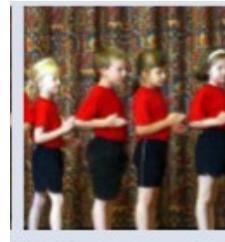
understanding level, speed and direction



moving expressively and confidently



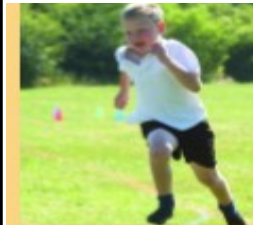
showing good body control



creating sequences with a clear start, middle and end

### Athletics: Honey Pot

To run in different directions to pick up objects as quickly as possible.  
Equipment that you need:



looking up while running



demonstrating a good running technique



running at different speeds



changing direction while running at speed

### Vocabulary

body control	Your body is doing what your mind wants it to do.
composition	Make a dance sequence.
inactive	Not doing any, or much, physical activity.
level	High, medium and low.
repeat	The same movement is performed again.
risks	Possible injuries from bumping or falling.
safe	To perform in a supportive environment.
space	The empty area around you.



remembering, repeating and linking movement phrases



talking about the effect of movements on their heartbeat



choosing to collect objects close by first



following rules and keeping score accurately

### Vocabulary

backwards	To reverse.
direction	The position which someone moves or faces.
fast	Moving at a high speed.
jogging	Running at a slow pace.
rules	A set of understood regulations.
score	The number of points, goals or runs achieved in a game.
speed	To perform a movement in a short amount of time.
strides	Walking and stretching the legs out.

Physical activity keeps you healthy because it helps to keep your body and your mind healthy. If you are inactive this can lead to you being unhealthy.

If you are worried about your health, then you should speak to a trusted adult in school or your parent. You could also put a note in the Worry Box.