

National Curriculum Requirements

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Equipment To Use

Bean bags	Hoops	Ladders
Cones	Timer	Tape measure
Foam balls	Benches	Hurdles
Tennis balls		



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Can you try and beat your personal best?

How many jumping jacks can you do in 30 seconds?

Vocabulary

Throwing	Learn to throw an object towards a target
Catching	To catch an object in their hands while standing still
Running	To alter speed and direction and move safely
Jumping	To jump bending the knees. Hopping on one leg
Agility	Being able to change position quickly and easily.
Balance	Being able to change position quickly and easily.
Co-ordination	Being able to do more than one action at the same time.
Heart Rate	The speed at which the heart beats
Pulse	A regular throbbing felt in the arteries caused by the contractions of the heart

Questions to Ask:

What happens to your body when you exercise?

What is your heart rate before exercise?

What is your heart rate after you exercise?

What parts of your body do you use when you throw, catch, run, jump?

What does it mean to be healthy?

What does it mean to be active?

