

Vocab

- **Healthy**—a good physical and mental state.
- **Exercise** - activity that needs effort to improve health and fitness.
- **Control** - being calm and concentrating on the movement.
- **Confidently**— having belief in your own abilities.
- **Safe** - protecting myself against dangers or risks.
- **Equipment** - items you need to use to perform

New Knowledge and Skills

Large movements	Small movements	Move confidently	Safely use space	Handle equipment safely
Walking Running Jumping—landing with two feet. Skipping Hopping Climbing—over, under, through objects.	Pinching grip Rolling balls Pushing objects Patting objects Throwing objects Catching objects	Increasing control over objects and body movements (large and small)	Can change speed to keep safe Look at the space around me and choose a sensible movement	Uses a dominant hand Uses objects with increasing control Using objects of different sizes.

Things I should be able to talk about

- Name of body parts
- Different ways to move my body
- Know different activities that I enjoy
- Different types of large movements
- Different types of small movements

Year 1 and 2



Jay Wood
23 years old
Stockport
Been running since under age 13.
He can run 100m in 14.5 seconds.



Handle tools safely

Using objects of different sizes.

Using different materials (some adapted to suit needs of children)

Using classroom tools