

Vocab

- **Tactics**— Choosing actions to achieve a goal
- **Problem solving**— Find solutions to challenging issues
- **Initiative**— Independently thinking
- **Coordination**— Being able to use your body parts together to work effectively

Things I should be able to talk about

- To know how my body feels in different activities (sitting down, standing, during exercise, after exercise)
- To perform a series of running, throwing and jumping activities.
- To complete actions with confidence.
- To how use equipment appropriately.

Edmund Hillary

1919-2008

Became the first man to climb Mount Everest in 1958. It is the biggest mountain in the world.



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) Start climbing trees with more technical ability.	Can change speed to keep safe Look at the space around me and choose a sensible movement. Think about fire safety, movement around the fire.	Uses a dominant hand Uses objects with increasing control Using objects of different sizes. Introduction to basic tools with adult support.



Year 1 & 2