

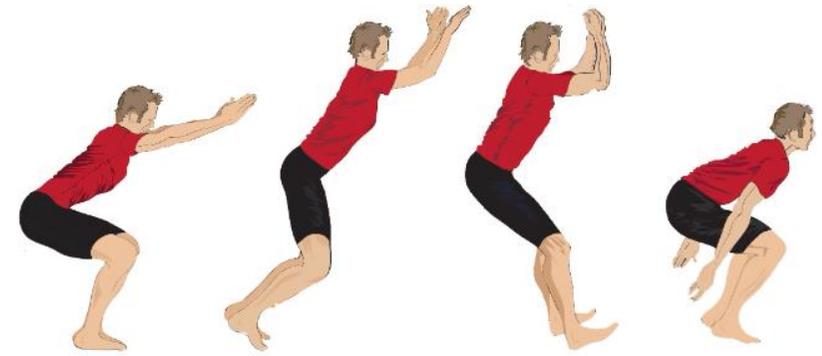
Penguins

PE

Autumn 1



Fundamentals Team Building



Jumping

When jumping, it is important to bend your knees, use your arms to help lift your body and then bend your knees when you land.

Key Vocabulary	Definition
Balance	An even distribution of weight enabling someone or something to remain upright and steady
Bend	Incline the body downwards from the vertical
Direction	A course along which someone or something moves
Dodging	Avoid someone or something by a sudden quick movement
Fast	Moving at high speed
Forwards	In the direction that one is facing or travelling, towards the front
Hopping	To move with light bounding skips or leaps, sometimes on one foot
Jump	Push oneself off a surface and into the air by using the muscles in one's legs and feet
Skipping	Move along lightly, stepping from one foot to the other with a hop or a bounce
Speed	The rate at which something moves
Stability	Being stable or firm and having the strength to stand without being moved or overthrown
Steady	Firmly fixed, supported or balanced, not shaking or moving
Teamwork	The combined action of a group, especially when effective and efficient

Teamwork



When working as a team it is important to listen to your partner. It is also important that you give clear instructions in order to keep my partner safe. It is also important to talk, listen and share ideas with other people in order to complete a task.

STANDING BALANCES



SUPPORT BALANCES



KNEELING AND SITTING BALANCES



INVERTED BALANCES



Pulse raiser warm up games and exercises;

- Simon Says
- Domes and Dishes
- Stuck in the mud
- Jelly bean game
- Mr Men game



running



jumping



coordination



balance



agility



throwing



catching

The 7 fundamental movement skill in PE

The 7 fundamental movement skills aim to improve a child's coordination, balance and control. Physical development is key for helping children lead an active and healthy lifestyle.

End of Unit: PE – Fundamentals and Team Building

1. How many Fundamental movement skills are there?

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2. List 3 ways to show good teamwork

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3. What types of balances are there?

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