

Year 1 Swans

PE

Autumn 2

Invasion

games

Fitness

Fitness

Exercise can really help to improve our mood and make us or keep us feeling happy. There are lots of different exercises that we can do which helps to increase our heart rate, including running and playing games with friends. Exercise also helps to make people's muscles and brains feel stronger. Exercise helps to build agility, balance, co-ordination, speed, strength and stamina.



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.

Invasion games



finding space, attacking and defending.

Invasion games are games where there are two teams and two goals. Teams try to score in the opposite team's goal. If your team has the ball, you are attackers. If your team doesn't have the ball, you are defenders. Invasion games will help with sending & receiving, dribbling,

	Key Vocabulary	Definition
Fitness	active	Engaging in physically energetic pursuits
	brain	The organ inside the head that controls thought, memory, feelings and activity
	breathing	The process of taking air into and expelling it from the lungs
	exercise	Actively requiring physical effort, carried out to sustain or improve health and fitness
	heart	The muscle that pumps blood around the body
	healthy	In good physical or mental condition
	mood	A temporary state of mind or feeling
	muscles	Soft tissue inside of people which grows stronger with exercise
strong	Having the power to move heavy weights or perform other physically demanding tasks	
Invasion Games	attacking	Making an attempt to score or gain the advantage
	defending	Protecting the goal to stop the attacking team from scoring

Mood boosters

As well as fitness, there are many other ways that we can boost our mood including:

- Playing with friends
- Spending time with family
- Resting and sleeping

Pulse raiser warm up games and exercises

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

End of Unit: Fitness and Invasion Games

How can you improve your mood?

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If you have the ball and are trying to score a goal are you on the attacking or defending team?

Attacking

Defending

How can you keep your body healthy?

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