



# Year 1 and 2

## PE Spring 1



This half term, we will be learning about fitness and dance.

- Dance is moving our bodies to music.
- We will be creating a dance about plants growing from seeds.
- Have you ever grown a plant from a seed? What did it look like?



- What other movements can we show relating to the garden?



- ◆ Each pupil will have two lesson's on PE a week and will need their PE kit in school each day.
- ◆ What fitness activities do you take part in at home? Can you add any on dojo to me to see?
- ◆ At home, can you create a dance to your favourite song?

### Fitness

Warming up is very important. Can you name these activities we use to increase our heart rate?



Vocabulary	Definition
Pulse raiser	An activity that increases your heart rate. This is part of the warm up.
Tempo	The speed of the music.
Unison	Performing the same movement at the same time as your partner.
Circuit	A number of stations that have different exercises to complete.
Intensity	How hard we work when exercising.