



Key Vocabulary

Basic circuit moves, running, jumping jacks, ball pass, jumping from side to side, skipping, timing, direction

In this unit, children will develop agility and co-ordination through circuits, improve fitness by raising the heart rate in a circuit-based lesson, develop skipping techniques with control and balance, and evaluate performance of gymnastic moves within a circuit.

Key Points of Learning

Develop agility and co-ordination.
Perform simple patterns of movement.
Use the correct running technique to complete a circuit.
Perform rope and non-rope skipping with good technique and to songs or rhymes.
Master basic movements, as well as developing balance, agility and co-ordination.
Perform using simple movement patterns.
Master basic movements, as well as develop balance, agility and co-ordination.

Useful Websites

[BBC PE](#)

