



In this unit, children will develop physical movement, balance, eye co-ordination, core stability and storycises (daily 20mins)

### Key Vocabulary

base  
balance  
co-ordination  
accuracy  
agility  
rotate

### Key Points of Learning

- Learn about a stable base and losing balance
- Move the body in a variety of ways.
- Know how to throw a ball at the right speed and strength.
- Be able to copy a partner and change speed and direction.
- Explore different ways of twisting and turning
- Play fairly and understand the rules of a game

### Useful Websites

[BBC PE](#)

