



### Key Vocabulary

Balance

base

push

Agility

Co-ordination

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

### Key Points of Learning

**Perform balances using a number of different parts of the body**

**Run on the balls of the feet, concentrating on coordination, not speed.**

**Co-ordinate the upper and lower body together.**

**Move with greater precision and control.**

**Aim a variety of balls and equipment accurately.**

**Use controlled movement to travel in different ways.**

**Quickly change direction whilst running, with control and fluency.**

**Use agility, balance and co-ordination when performing activities.**

### Useful Websites

[BBC PE](#)

