



Key Vocabulary

Warm up	<i>Prepare the body for movement. It is a short activity or exercise before a main movement activity.</i>
Jog	<i>A form of running at a slow pace.</i>
Run	<i>Moving forward at a fast pace.</i>
Stretches	<i>Lengthening a body part</i>
Relay	<i>A race where the participant works as a team member and takes turns completing a race.</i>
Cool Down	<i>Similar to a warmup, but you must slow your body down to a slow pace.</i>

Agility ladder activities



Micro hurdles



forwards



backwards



PE Skills

In Foundation 2 you learnt to:

- *Run with spatial awareness and negotiate space, adjusting speed or direction.*
- *Negotiate space successfully when playing racing and chasing games with others, adjusting speed and direction.*

In Year 1 you will learn to:

- *Master basic movements including running and jumping.*
- *Participate in competitive team games.*