



Key Vocabulary

Warm up Prepare the body for movement. It is a short activity or exercise before a main movement activity.

Agility Change directions at speed.

Equipment Things made or used for an activity (e.g. balls, hurdles, ladders)

Cool Down Similar to a warmup, but you must slow your body down to a slow pace.

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.