

**What I have learnt before:**

- We need to warm up before exercise to protect our
- We can hold out our arms to help us balance.
- I know to keep my eyes on the ball when bouncing it to improve accuracy.

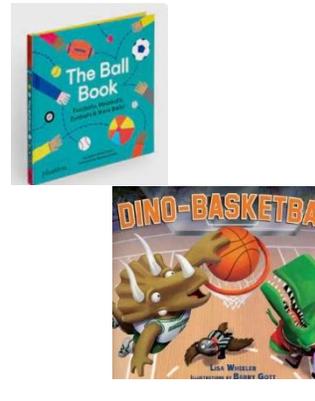
**Forever Facts**

I know that exercise is good for my body and helps to keep me healthy.

If I move closer to the passer, it will be easier to receive the object.

When I breathe heavier during exercise, it is my body taking in more oxygen.

It is easier to receive a ball using two hands.

**Exciting Books****Personal Development**

- To know that exercise is important for our body to keep us healthy.
- Working collaboratively with others.

**Subject Specific Vocabulary**

Directions

The path that something travels or points: left, right, up, down.

Receive

Take into possession something delivered (sent, passed).

Underarm throw

Applying a pushing force to an object where the arms go back and then forwards again but do not go above the head.

Passing (a ball)

Giving the ball to someone else.

Target

A mark to shoot at/aim for.

Oxygen

The air you breathe contains a life-giving gas called oxygen.

**Skills**

If I look where I want the ball to go (the target), it will be more accurate.

Throwing with two hands instead of one, will help accuracy and control.

When rolling a ball, the underarm technique is more accurate.

**Endpoint:**

I Can apply my new ball skills to a game situation?

