

**What I have learnt before:**

- We must warm up before exercise to help us prevent injury.
- We have learnt some rolls such as a pencil and a dish roll.
- Holding our arms out can help us to balance.

**Forever Facts**

I need to look forwards when I am moving.

If I move on the balls of my feet, I will move faster and have more control.

Being still and tense whilst holding a pose will show control and look neater.

I know I need others to help me safely get out apparatus such as benches and mats.

I know to bend my knees when landing a jump to protect myself.

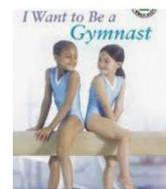
I know not to go on a mat that someone may be using to land on.

**Skills**

I can listen to and follow instructions.

I can demonstrate control over my own body.

I can move in a variety of ways.

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

- To know that exercise is important for our body to keep us healthy.
- To work alongside others effectively to get out apparatus and/or give feedback.

**Subject Specific Vocabulary**

Balance

Being able to stay still and not falling.

Warm up

Moving your body before exercise to warm it up and increase your heart rate and blood flow.

Performance

Presenting to others.

Landing

Coming back to land after being in the air.

**Endpoint:**

I can create a sequence using a variety of shapes and actions on the floor and apparatus.

