

Physical Education

Key Stage 1

Balance is to control your body's position to stay upright. This might be when you stay in one space (e.g. yoga) or whilst moving (e.g. Skiing)

Agility is how quickly you can change direction whilst maintaining speed, balance and power.

Co-ordination is the ability to move two or more body parts under control, smoothly and efficiently.

Competitive sports are games where the aim of the games is to win

Co-operation is when you work together with others to achieve a result.

Run is to move quickly using your feet.

Jump is to lift off the ground from one foot onto two feet. During the flight of the jump, you should bend your legs slightly and land on two feet, with bent legs and without losing their balance.

If you **run** and then **jump** the distance you jump will be longer

Throw is to push an object by hand with a sudden forward motion ending with straightening the arm and wrist.

Catching is the use the hands to stop and hold a moving object.
Eyes on the object, Finger tips together (two handed catch)

Kicking is when you hit an object (ball) with your foot

Striking is when you hit a ball with a bat or racket.

Attack is to try to move past and score against the opposing team.

Defend is to block the other team and stop them from scoring.

Dance is to move the body in a rhythmic way, usually to music and within a given space.

Key Stage 2

Flexibility is the range of movement through body joints.

Strength is a measure of power.

Technique is a way of carrying out a particular task.

Movement is when changing position, posture or place.

A **pattern** is when a movement or action is repeated.

Orienteering is finding your way outside using a map or compass.

Communicating with others giving and receiving information.

Collaboration is working with others to achieve/create something.

Competing means to do your best against others.

Swimming means to move through the water without touching the floor or side.

Evaluate is to judge something.