

## Key Content

Make up my own rules and versions of activities

Compare my movements and skills with those of others.

Select and link movements together to fit a theme .  
Perform and repeat longer sequences with clear shapes and controlled movement

Perform a range of skills with some control and consistency and link two movements together

### Key Vocabulary

### Knowledge

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Sequence (noun)

Putting actions together in a pattern.

Movement (verb)

Making your body move on purpose.

Control (noun)

Knowing what your body is doing and how to make it move.

Perform (verb)

Show other people what you can do.

Level (noun)

How high or low your body is during movements.

Direction (noun)

The way that your body is moving (forwards, backwards and sideways)

Speed (noun)

How fast or slow your body is moving.



walking



running



leaping



hopping



jumping



tiptoeing



star jumps



skipping



pencil rolls



pencil jumps



forward rolls



tucked jumps



big steps



short steps



throw



catch



roll