

Key Content

Co-operate well with others

Give helpful feedback to my peers.

Show patience and support to others, listening well to them about our work.

Be happy to show and tell my peers about my ideas.

Key Vocabulary

Knowledge

Key Tasks

Co-operate

Listening carefully to others, share, take turns, do your part.

Listen

Make an effort to hear what others are saying.

Teamwork

Working respectfully and effectively with a group and doing your share in it.

Balance

Being able to adjust and control body movements without falling over.

Personal Best (PB)

An achievement that is better than anything you have achieved before.

Distance

The length between two points.

What is static and dynamic balance?

Static balance is our ability to hold our body in a specific position and posture while dynamic balance is our ability to maintain balance while moving our body and walking. 6 Sept 2021



Jumping is the transfer of weight from one or both feet to both feet. A jump can be divided into three parts: take-off, flight and landing. Landing safely is an important skill to focus on when learning to jump, leap or hop.

Encourage other people.



Skill

Jumping and Landing

