

### New Key Vocabulary

Attack	Catch
Compete	Defend
Over-arm	Play against
Throw	Under-arm



### Recapped Key Vocabulary

Send	Receive
Rolling	

### Skills that I am going to learn

I can improve my running and jumping.

I can practice basic throwing and catching.

I can play games with others.

### OPPOSITES



to attack to defend

### Why are we learning this?

To know how to improve my agility, balance and co-ordination.  
To know how to compete.

### Why is it important?

So we can begin to engage competitively in games and activities that involve attacking defending and shooting.



### New Key Vocabulary

Swing	Curl
Body tension	Like
Link	Muscles
Relaxation	Hang
Actions	



### Recapped Key Vocabulary

Beat	Dance
Fast	Feet
High	Low
Music rhythm	Step
Stretch	Balance
Carry	Control
Jump	Movement
Pattern	Sequence
Shape	Slow
Speed	Strength
Timing	Travel

### Skills that I am going to learn

I can continue to follow simple instructions.

I can perform different and similar dance actions and begin to move in rhythm to music.

I can recognise, copy and repeat actions

I can carry and use basic apparatus safely.

I can move around in different directions, levels and speeds.

### Why are we learning this?

#### To know how to:

- Understand and use space.
- Apply strength to different actions and shapes.
- Perform to music

### Why is it important?

So we can move around in different ways confidently and safely.  
So we can build our confidence in performing basic movements and gymnastic actions.

