

Year 1 Physical Education Must Knows

Top Vocabulary

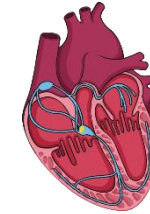
<p>take turns and share - being able to let others have a turn and use equipment together.</p>	<p>work sensibly - being able to follow work with others in a group without being silly or unkind.</p>
<p>skill - actions we can perform with our body such as jumping and running.</p>	<p>rules- instructions set by an adult that tell you what to do in an activity.</p>
<p>air - what we breathe in and out of our bodies</p>	<p>observe and copy - to watch someone carefully and repeat what they do.</p>
<p>control - means your body is doing what your mind wants it to do.</p>	<p>move confidently - to trust your body when moving in a certain way.</p>
<p>mental health - physical activity helps our mental health and well-being</p>	<p>respect - listen to the teacher, your friends and treat other kindly</p>
<p>heart - a large muscle situated in the chest that pumps blood around our bodies</p>	<p>muscle- tissue in the body that moves parts of the body</p>

Body changes in exercise

When we exercise our body changes. When we exercise we get hot and our faces turn red. Our bodies get sweaty and we get energy.



Our heart beats faster and we also breath faster.



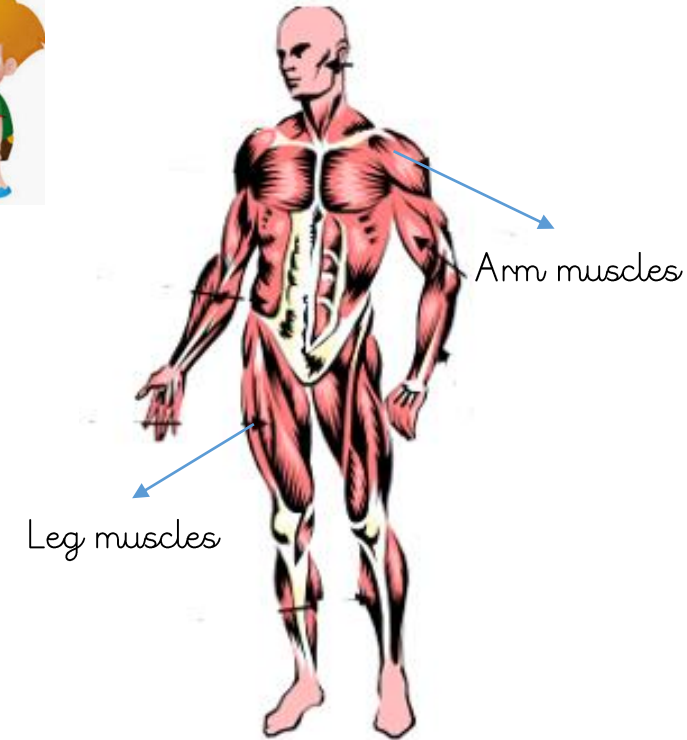
Warm up

We warm up our bodies and minds to get ready for exercise.

Cool down

We do a cool down to help the body recover safely from exercise.

Human Body



Fundamental Movement Skills (ABC's)

Agility

Ability to change direction quickly



Balance

Hold a position without falling



Co-ordination

Move two or more body parts smoothly such as catching a

