

Year 1 Physical Education Must Knows - RealPE and RealGYM



Top Vocabulary

Agility - move and change the direction and the position of the body	Balance - Hold a position without falling
Co-ordination - control different body part movements at the same time	Movement - moving the large muscles in the body
control - means your body is doing what your mind wants it to do	Rules- Instructions set by an adult that tell you what to do in an activity
heart - a large muscle that pumps blood around our bodies	muscle- tissue in the body that moves parts of the body

Fundamental Movement Skills (ABC's)



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.

Learning focus cogs

I can explore and describe different movements

I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together

I can work sensibly with others, taking turns and sharing

I can follow instructions, practise safely and work on simple tasks by myself

I can understand and follow simple rules and can name some things I am good at

I am aware of why exercise is important for good health



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.



RealGYM

The skill element of real gym is made up of 5 areas - Shape, Balance, Travel, Flight and Rotation.

