




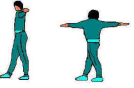



Key Vocabulary

| | | |
|---------|---|---|
| Balance |  | A steady position without falling. |
| Base |  | The bottom part of your body which helps you keep balanced. |
| Roll |  | To move while turning over. |
| Tuck |  | To bring your arms and legs into your body to make a small shape. |
| Guide |  | To help something to move. |
| Twist |  | To rotate parts of your whole body. |
| Rock |  | To move backwards and forwards in a tuck position. |



Year 2 – Multi-skills

Techniques



What I need to know:

Skills

- I can learn about a stable base and losing balance.
- I can move my body in a variety of ways.
- I can throw a ball with the correct speed.
- I can throw a ball with the correct strength.
- I can copy a partner.
- I can change speed.
- I can change direction.
- I can explore different ways of twisting and turning.
- I can play fairly.
- I understand the rules of a game.

Health and Fitness

- I can describe how my body feels during different activities.
- I can explain what my body needs to keep healthy.

Evaluating and Improving

- I can talk about what is different between what I did and what someone else did.
- I can say how I could improve.