

Subject: Physical Education	Year group: Year 1	Topic: i-exercise Jungle	Initiation & activation activities:
<p>Prior knowledge required: Children negotiate space and obstacles safely, with consideration for themselves and others; Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>		<p>Vocabulary: agility, balance co-ordination, strength, core, seated, rock, roll, bent, straight, position, stretch(ed), control(led), kneeling standing, seated balance, neutral spine, high, medium low, body parts (eg chest, feet), static, stable, bridge</p>	<p>National Fitness day</p>
<ul style="list-style-type: none"> ● Programme of Study ● Pupils should be taught to: ● master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities 	<p>Implementation:</p> <ul style="list-style-type: none"> • Do they understand WHY exercise is one important way to keep healthy. • Can they demonstrate knowledge about some changes that happen to my body when they exercise. • SEN/Supported - Can they talk about being safe when exercising and trying new activities • Can they demonstrate knowledge and talk about the different factors that support their overall health and well-being • GD Can they make links between physical exercise and mental well-being, such as feeling happy after exercise. • Can they develop and extend their balances. • Can they demonstrate they have developed core strength to balance in a seated position with control and ease for increased periods of time. • Can they demonstrate they have developed core strength to balance on body parts with control and ease for increased periods of time. • Can they demonstrate core strength and balance: <ul style="list-style-type: none"> ○ seated balance ○ static body balance ○ dynamic balance. 		