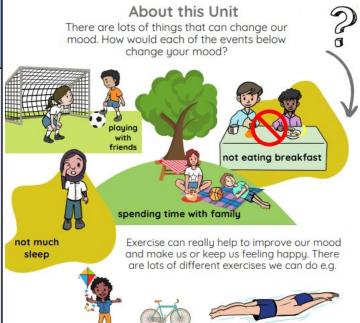


Fitness - Year 1

Teacher Glossary





Assessment Criteria

I can recognise changes in my body when I do exercise.

I can share my ideas with other people in the class.

I can talk about what exercise does to my body.

I recognise how exercise makes me feel.

I try my best in the challenges I am set.

I understand why it is important to warm up.

PE KNOWLEDGE ORGANISER

Key Skills - Physical

run, jump, co-ordination, stamina, strength, agility, balance

Thinking: comprehension, creativity, problem solving, reflection, feedback

Key Skills - S.E.T

Social: communication, co-operation, support, work safely, kindness

Emotional: kindness, perseverance, honesty, independence, determination

Inspiring person

Joe Wicks



