

### Useful Apps or Website links

PE with Mr G

<https://www.youtube.com/c/PEwithMrG>

Zumba dance

<https://www.youtube.com/c/ZUMBAwithDovydas>

Cosmic Kids Yoga

<https://www.youtube.com/c/CosmicKidsYoga>

### Key Vocabulary

#### Autumn - Gymnastics

Manipulation of movements- travelling, jumping and balancing.

Co-ordination and agility

Working in a pair

Working in a group

Developing control

### Subject

PE- KS1

#### Spring - Multiskills

Aiming and agility skills

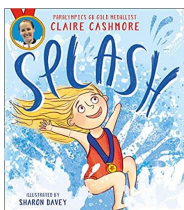
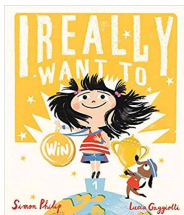
Ball skills

Team games

Tactics

Attacking and defending

### Useful Books



### Games/ Practical Activities

Swimming lessons

Football training

Dance club

Gymnastics club

Bike riding

Use outside environments like parks, woods and gardens to climb, balance and jump.

#### Summer - Athletics

Negotiating obstacles in races.

Competitive activities against self and others.

Developing a knowledge of a healthy lifestyle.

Communicating as a team.

Acceptance of winning a losing.