

Useful Apps or Website links

PE with Mr G

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

Zumba dance

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

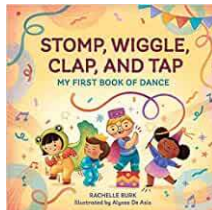
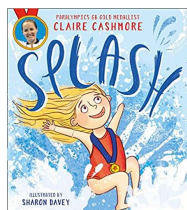
Cosmic Kids Yoga

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

Subject

PE - KS1

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.

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

Spring - Multiskills

Aiming and agility skills

Ball skills

Team games

Tactics

Attacking and defending

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.