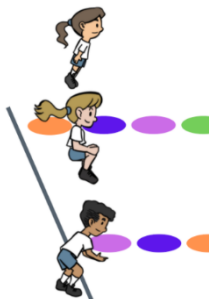




Key Knowledge and Skills:

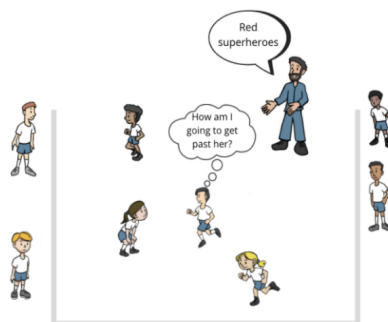
Fundamental Movements:

- Jump forwards with a safe landing position: Swing your arms and land with soft bent knees.



- Run at different speeds: Use your arms to run faster and run on the balls of your feet.

- Change direction and dodge others:
 - Decide which direction you are going to move in.
 - Move your feet to change direction.
 - Push off in a new direction, staying balanced.



- Explore jumping, skipping and hopping actions.



- Bend your knees to jump and land.
- Keep your body upright.

Key Vocabulary:

Vocabulary:	Definition:
Balance	Hold a position for 5 seconds.
Sprint	Run at a fast pace.
Skip	Travel with a hop and a bounce.
Dodging	Move direction to avoid other people.
Jogging	Running at a slow pace.

- Combine jumps: French skipping and skipping in your own rope.

