



PE at Killigrew



How can I help?

- Daily walks
- Try to walk, cycle and scoot shorter journeys where possible
- Talk about healthy decisions and choices at home. This can be through healthy meals, sleep patterns and activities.

Places you could visit

Verulamium Park – the splash park and the new play area has excellent climbing frames and facilities to support gross motor skills

Jump Park, Elstree

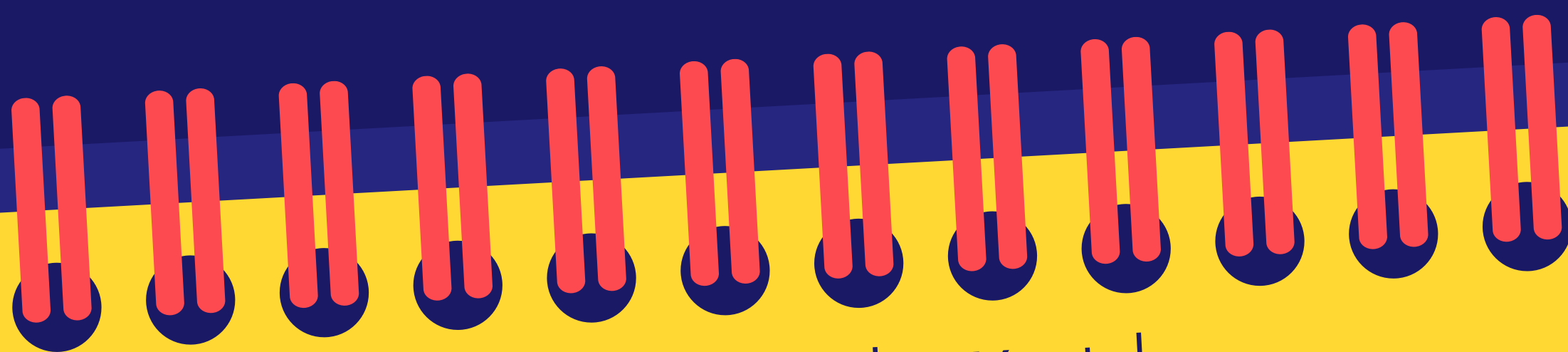
Gadebridge Park Skatepark

Putt Golf, Watford





PE Weblinks



[The Body Coach – Youtube](#)
[Cosmic Kids Yoga - Youtube](#)

[BBC Supermovers](#)

[BBC Teach](#)

[Get Set 4 PE](#)

[Go Noodle- Youtube](#)

[Jump Start Johnny.](#)

[Jack Hartman](#)

[Active Kids](#)

[Yoga with Adrienne- Youtube](#)

[Kidz Bop- Youtube](#)

[The Ballet Coach Youtube](#)

[Oti's Dance Class- Youtube](#)

[Nuffield Health- Youtube](#)

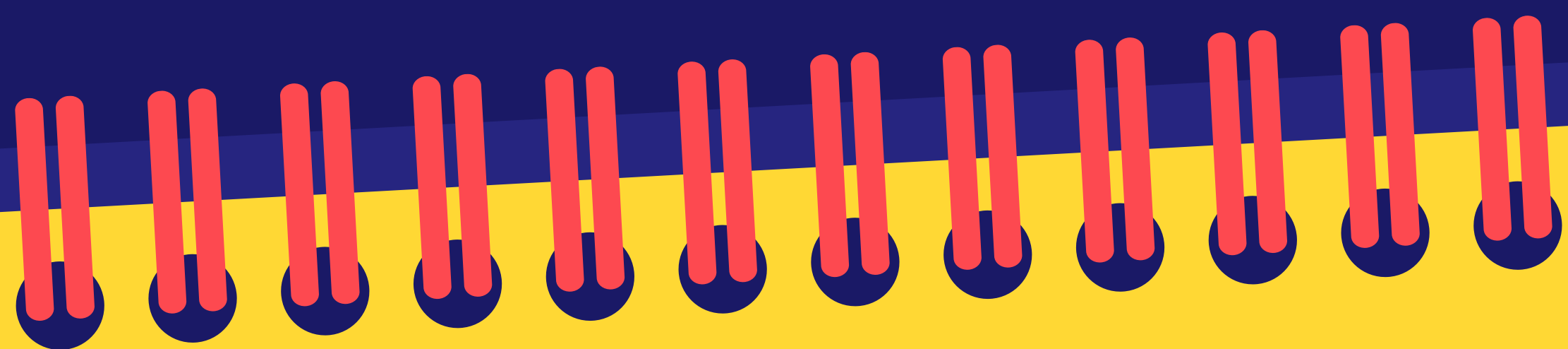
[Nike Active- Kids Do Better](#)

[NHS Changes 4 Life](#)





Key Vocabulary



DANCE



Year 1 and Year 2

- Travel
- Stillness
- Direction
- Space
- Body parts
- Levels
- Speed

Year 3 and Year 4

- Space
- Repetition
- Action and reaction
- Pattern

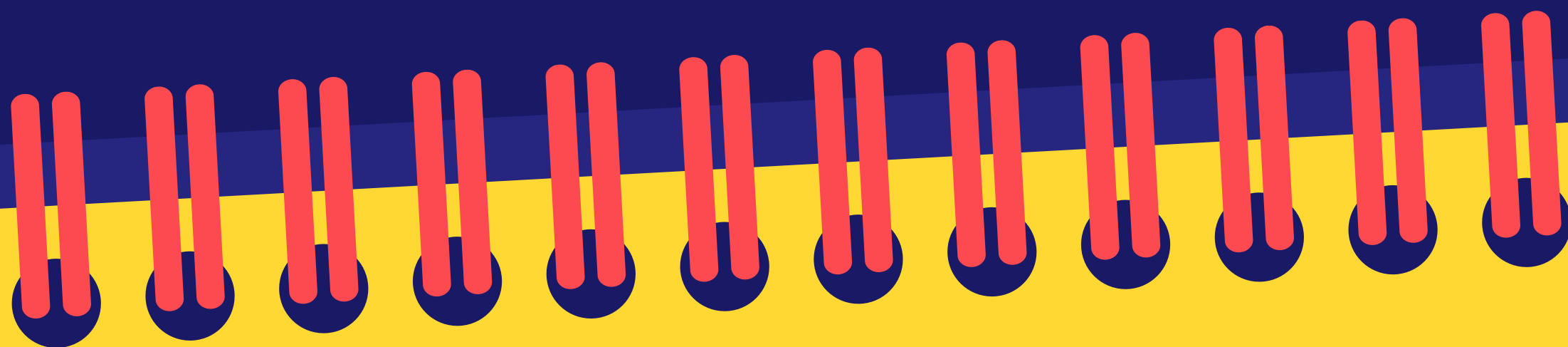
Year 5 and Year 6

- Dance style
- Technique
- Pattern
- Rhythm
- Variation
- Unison
- Canon
- Action and reaction





Key Vocabulary



GYMNASTICS

Year 1 and Year 2

Forwards Backwards Shape
Sideways Roll Jump
Slow Body parts Travel
Speed Stretch Wide Narrow

Year 3 and Year 4

Forwards High Low Copy
Land Balance Roll Jump
Stretch Push Pull Step
Spring Crawl Still
Slowly Tall Long

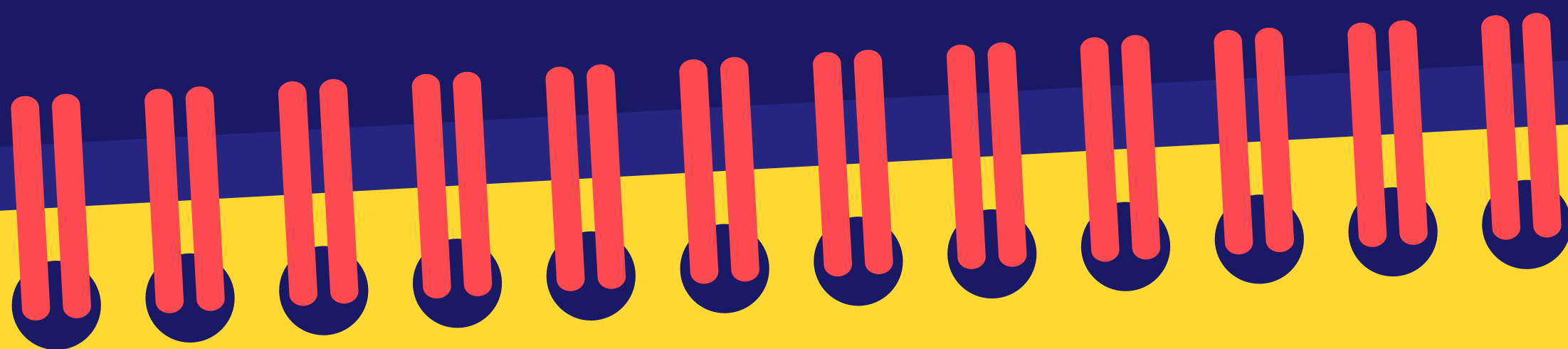
Year 5 and Year 6

Muscles Joints Rotation Turn
Shape Symmetrical Asymmetrical
Landing Take-off Flight
Performance Evaluation





Key Vocabulary



GAMES

Year 1 and Year 2

Striking Catching Own space
Team Speed Direction Passing
Controlling Shooting Scoring

Year 3 and Year 4

Points/ goals Rules Tactics
Batting Fielding Defending Hitting
Keeping possession Scoring goals Pass
Send Keeping score Receive
Travel with a ball Make use of space

Year 5 and Year 6

Passing Dribbling Shooting Marking
Support Attackers Team play
Batting Fielding Bowler Pitch
Defending Hitting Offside
Forehand Backhand

