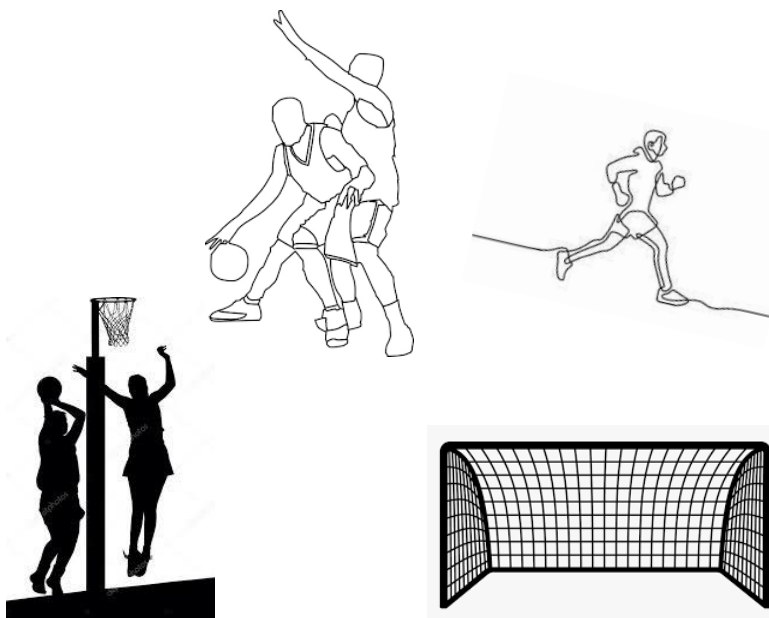


What should I already know?

- That my body can be move in different ways e.g. rolling, crawling, walking, jumping, running, hopping, skipping (without a rope), climbing.
- That my body can change direction when moving.
- That I can control my own body.
- Exercise is important for staying healthy.

Key Vocabulary and Definitions

Attacking	Attacking is intercepting a ball between players; and. defending a goal or space.
Defending	Defending means to be responsible for guarding (an opposing player).
Team	A group of people that work together.
Tactics	Tactics are actions or strategies to achieve a goal in a game.



Key Knowledge

- We can run at different speeds (e.g. jogging, sprinting).
- Jogging, running and sprinting will increase our heart rate.
- Sometimes we might need to jog and sometimes we might need to sprint.
- We can jog, run and sprint in different sports (e.g. football, hockey, athletics).
- Having good posture and balance when exercising can stop us getting hurt or falling over.
- We might need to dodge or change direction when jogging, running or sprinting.
- We can jog or sprint different distances.