

What should I already know?

- How to negotiate space safely.
- How to follow instructions involving several ideas or actions.
- How to play co-operatively and take turns with others.
- How to play games honestly with consideration of the rules.

Key Knowledge

- To know how my body changes when I exercise and be able to talk about this.
- To recognise how exercise makes me feel.
- To know why it is important to warm up before exercising.

Key Vocabulary and definitions

Muscle	A part of the body which can stretch to make parts of the body move.
Exercise	Doing something which needs a lot of effort and helps to keep you healthy.
Heart	An organ in the body that pumps your blood around keeping you alive.
Breathing	When we take air into our body and push it back out again.
Lungs	Organs in the body which help with breathing.
Memory	Where the mind stores and remembers information.
Brain	An organ in the head, it controls messages to the rest of the body.
Bones	Hard parts inside the body that make up the skeleton.
Healthy	To be in good health
Active	Taking part in physical activity.
Mood	How you are feeling at a particular time.

This unit will also help you to develop other important skills.

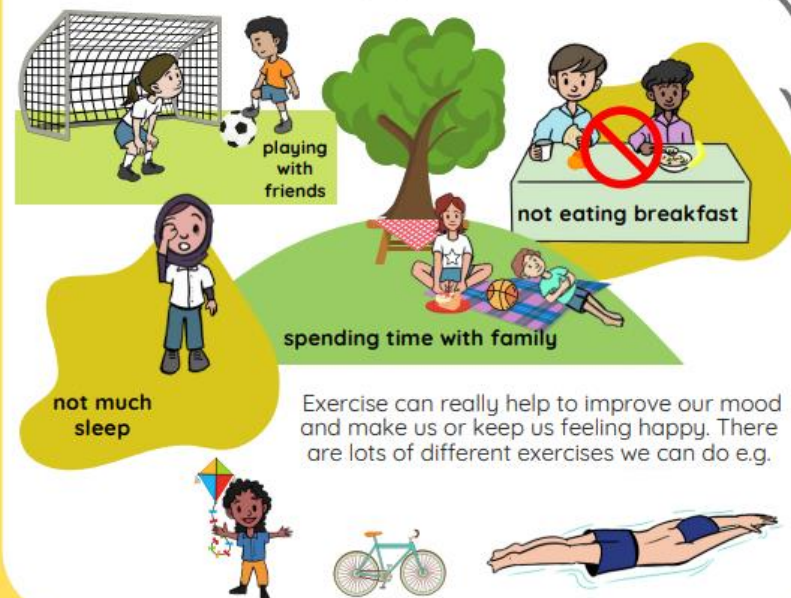
Social communication, co-operation, support, work safely, kindness

Emotional kindness, perseverance, honesty, independence, determination

Thinking comprehension, creativity, problem solving, reflection, feedback

About this Unit

There are lots of things that can change our mood. How would each of the events below change your mood?



playing with friends

not eating breakfast

spending time with family

not much sleep

Exercise can really help to improve our mood and make us or keep us feeling happy. There are lots of different exercises we can do e.g.

Ladder Knowledge



Agility:

Bending your knees will help you to change direction.

Balance:

Looking ahead will help you to balance.

Co-ordination:

Using the opposite arm to leg at the same time helps you to perform skills such as running and throwing.

Speed:

Swinging your arms will help you to run faster.

Strength:

Exercise helps you to become stronger.

Stamina:

Moving for a long time can make you feel hot and breathe faster.