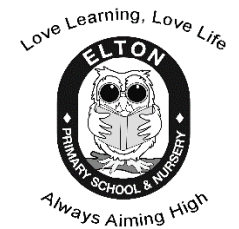


Key vocabulary

| | |
|------------|------------|
| balance | movement |
| speed | direction |
| position | pattern |
| travelling | sequencing |



PE – Year 1 Gymnastics/Dance



How many shapes can you make with your body?



How can we make a big shape? a small shape?

| | |
|-------------------|---|
| <i>movement</i> | an act of moving your body in a specific way |
| <i>position</i> | a particular way someone is placed – arch, pike, tuck |
| <i>sequencing</i> | two or more skills which are performed together creating a different combination skill. |
| <i>travelling</i> | how you can move around the room – jumping, walking, turning. |
| <i>direction</i> | a course along which someone moves/travels. |