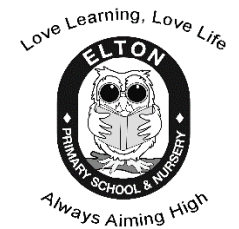


## Key vocabulary

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.