| **Core Knowledge (Need to Know)** | **Vocabulary**  |
| --- | --- |
|

| To be able to change into PE kit because you get hot and sweaty when active - this can make clothes wet and uncomfortable to wear. |
| --- |
| To move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.  |
| To talk to others. |
| To run around others, paying attention to where others are by keeping your head up to avoid collisions.  |
| To change how fast you run to avoid running into others. |
| To change direction to avoid running into others. |
| To participate in games with others.  |

**Good to Know**

| To monitor any changes in your bodies. These may include: o Changes to your heart rate - place hand on the chest, how fast is your heart beating? Has is got faster or slower? o Changes to breathing rate - listen to your breathing, is it fast or slow? Has it changed since the last time you checked it? o Temperature - do you feel hotter or colder? Has your temperature changed since the last time you checked it?  |
| --- |

 |

| Uniform | The clothes for school |
| --- | --- |
| Changing | Getting from one set of clothes into another |
| Quickly | At a fast speed. |
| PE | Physical Education - learning about your body. |
| Listen | To pay attention and hear what is being said. |
| Instructions | Commands to follow. |
| Body Parts | The different parts of you! Such as arms, legs or head. |
| Heart rate | How quickly your heart beats.  |

 |