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