PE

KSI Cycle A - Spring 2

St Chad's Character and Values!

What should I already know?

- Know that talking to others can help me achieve success.
- Think about how I can change games to make it easier or harder.
- Say what others have done well.

Gems of Knowledge

What will I do?

- Apply skills I have learnt before to games.
- Communicate with my peers to solve problems.
- · Listen to others and sometimes lead others.

What will I know?

- Think about what I have done well and how I could do better next time.
- Begin to understand why it is important to warm up.
- How to work well as part of a team.

How do our school values link with sport/physical activity?









FOCUS -

- Teamwork and problem solving
- Communication

Vocabulary

Teamwork -

Work well as part of a group.
Listen to my teammates.



Decision making

Making choices that are good for your team.



Communicate -

Talk and listen to others.



Warm up -

Exercising gently to prepare your body for movement.



Determination

 Not giving up and sticking to your goals.



Cool down -

Slow movements to get your body and heart rate back to it's normal level.

