

## Physical Development

This half term we will be focusing on recognising the importance of keeping healthy and those things that contribute to this such as healthy eating and exercise. We will be thinking about the changes that happen to our bodies when we are active.

This half term we will be working with Mr Innerdale on our throwing and catching skills outside, using beanbags and balls. We will use increasing control over an object such as a ball by touching, pushing, patting, throwing, catching or kicking it.

We will be playing lots of games leading up to sports day, learning to move with control and co-ordination. Please remember children need PE kit including outdoor PE shoes and socks.

We are going to learn an under the sea dance and perform it to an audience, thinking about moving with confidence, imagination and in safety.

We are going to play a freeze game of bendy men to practise freezing in response to a visual message. Children freeze in the posture shown on the picture. Here are a few below to try at home.

