

Physical Education

Please help your child with their learning by going through this fact sheet with them. They will be quizzed on this at the end of half term. We appreciate your support.

When catching a ball I need to have my hands ready.

Running is a good way to warm up our bodies.

I should NOT look at the floor when catching a ball.

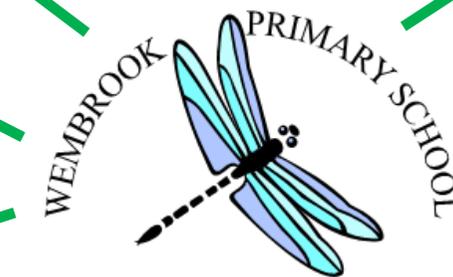
Keeping the ball very close to your feet whilst travelling is called dribbling.

A basketball is good for throwing.

A football is a ball we can kick.

I need to look where I am going when I travel around in PE.

A warm up happens at the start of PE.



WEMBITES

We use our hands to catch a ball.

We exercise to keep our bodies fit and healthy.

Key Vocabulary

- ➔ **Throw** - A movement used to pass a ball from one place to another.
- ➔ **Catch** - Using two hands to catch a ball.
- ➔ **Roll** - A movement used to transport a ball on the floor.