

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.

Before you start to exercise you should warm up your body.

When throwing a ball to another person it is important to check they are in the ready position before receiving your pass.

Two or more dance moves that are linked together is called a sequence.

When performing a dance routine it may mean acting as a character.

When throwing a ball at a target it is called aiming.

How a dancer moves is called dynamics.

An underarm throw is when the arm is moved from front to back and the hand is kept below the shoulder.

When throwing with one hand it is best to hold the ball in your dominant hand.

Physical activity requires more energy than when you are resting.

To help improve a dance before performing in front of others is called a rehearsal.



WEMBITES

Key Vocabulary

- ➔ **Dominant Hand** - Our dominant hand is the hand that we prefer to use to perform activities such as writing, throwing, catching and cutting.
- ➔ **Physical Activity** - Activity that requires your body to move and use energy.
- ➔ **Dynamics** - How the dancer moves.