# Year 1 Multisport

*This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve ours skills through keep fit. In addition, we evaluate and recognise our own successes.*

Multisport

We will learn to develop fitness and strength through effective warming up, fitness training and stretching to build stamina to complete an exercise class. We will combine what we have learnt from gymnastics, circuit training, invasion games and yoga into a variety of multisport games.

| Key Vocabulary | | | |
|---|---|---|---|
| run | kick | space | slide |
| jump | slide | heart rate | roll |
| throw | balance | catch | breath |
| hit | position | teamwork | share |

| Questions to develop learning | 5-star self-rating |
|---|---|
| Did I have fun during our PE lessons? | ☆ ☆ ☆ ☆ ☆ |
| Did my fitness improve? | ☆ ☆ ☆ ☆ ☆ |
| Do I understand the importance of being active? | ☆ ☆ ☆ ☆ ☆ |
| Did I play a variety of different sports? | ☆ ☆ ☆ ☆ ☆ |
| Did my heart rate increase during the lessons? | ☆ ☆ ☆ ☆ ☆ |