

# P.E - Supertato - FMS

Year 2

P.E

## What is this topic?

This topic is all about fundamental movement skills. It is about developing our movement skills to support our later learning. We will be using the story book 'Supertato' to help us throughout this topic! We will be doing lots of warming up and cooling down, understanding why this is important.



## Key Skills:

- ❖ To show an egg roll with some co-ordination.
- ❖ To show a pencil roll with some co-ordination.
- ❖ To demonstrate jumping off a bench and landing with 2 feet.
- ❖ Bounce a ball with some control.
- ❖ To demonstrate rolling a ball through a target with some accuracy and control.

## Key Vocabulary

Heart beat	A pulsation of the heart.
Control	Influencing direct movements.
Co-ordination	Different elements coming together to work at once.
Determination	Being driven for a purpose/.



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