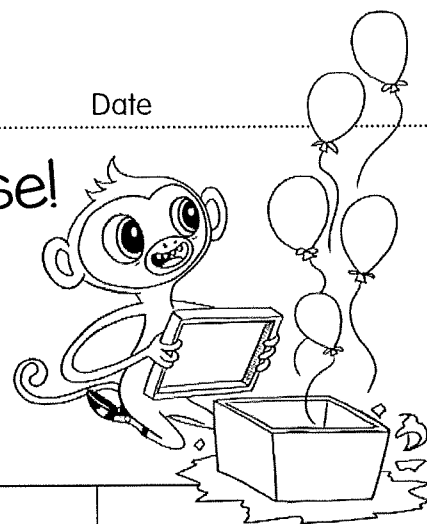




Name

Date

Surprise!



Plus 1

$5 + 1 =$	$8 + 1 =$	$3 + 1 =$	$4 + 1 =$
$3 + 1 =$	$1 + 1 =$	$7 + 1 =$	$2 + 1 =$
$5 + 1 =$	$6 + 1 =$	$8 + 1 =$	$3 + 1 =$
$2 + 1 =$	$4 + 1 =$	$5 + 1 =$	$7 + 1 =$
$1 + 1 =$	$2 + 1 =$	$6 + 1 =$	$4 + 1 =$

My Score:

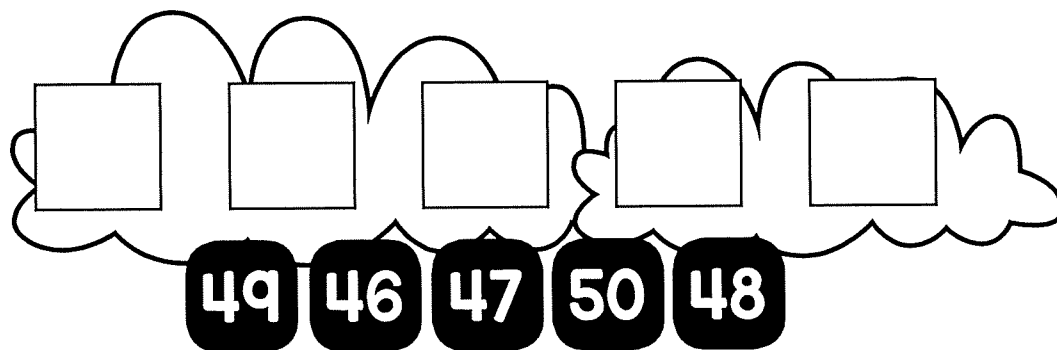
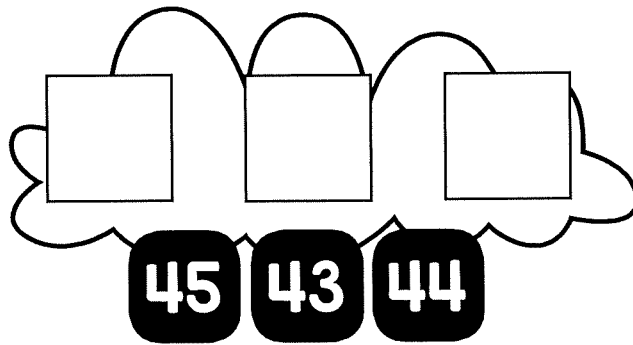
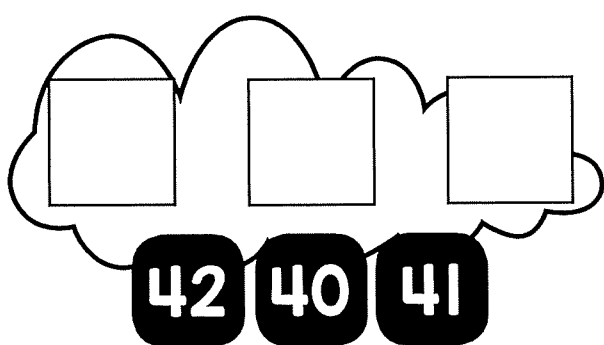
How many stars did you score?



Order numbers to 50

Numbers to 50

1 Order the numbers. Write them in the clouds.



2 Write one number before.

50 _____

41 _____

45 _____

43 _____

47 _____

48 _____

3 Write one number after.

45 _____

49 _____

40 _____

42 _____

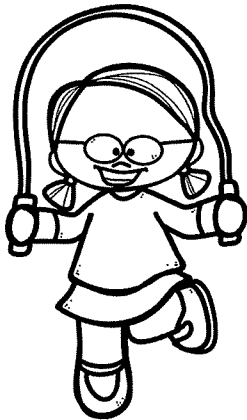
46 _____

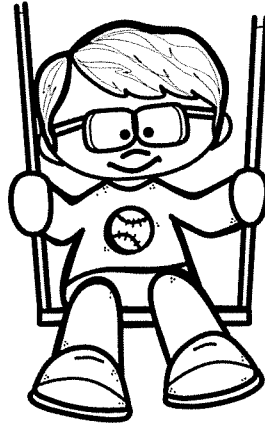
44 _____

Name: _____

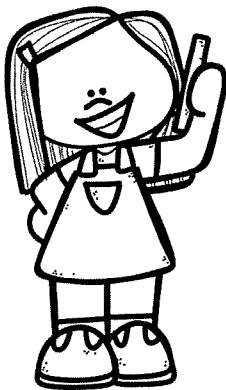
verbs

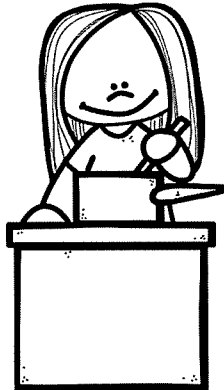
Match the verbs to the pictures.













shop

talk

skip

swing

draw

cook



Physical Education

Term 1

Week 4 – Year 1

Fundamental Movement Skills

Running

Skill Explanation

The sprint run is a locomotor skill characterised by a brief period where both feet are simultaneously off the ground (called the flight phase). The ability to perform a sprint run is fundamental to many games, sports and everyday activities.

Skill Criteria Checklist:

1.	Lands on ball of foot
2.	Non-support leg bends at least 90 degrees during recovery phase
3.	High knee lift (thigh almost parallel to the ground)
4.	Head and trunk stable, eyes focused forward
5.	Elbows bent at 90 degrees
6.	Arms drive vigorously forward and backward in opposition to legs

Skill Example

Watch this video to learn how to run!

https://www.youtube-nocookie.com/embed/Ly-Zh-rXeh4?playlist=Ly-Zh-rXeh4&autoplay=1&iv_load_policy=3&loop=1&modestbranding=1&start=

How to show us!

Please create a video of yourself doing this skill and upload it to your class dojo portfolio.

Send Mrs Bastick or Miss Stumpf (whoever teaches you for PE) a dojo message to let us know that you have completed it.

Extension

Let us know something you found interesting about this task.

What challenges did you face? How did you overcome them?

Did you modify it?

How did your body feel before and after the task?