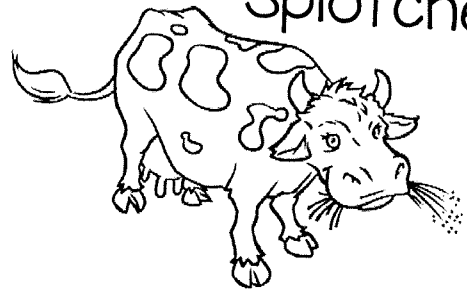


Spotches!



Plus 3

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

My Score:

How many stars did you score?



Measuring length



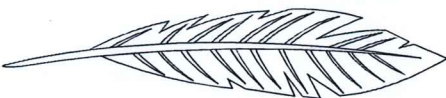
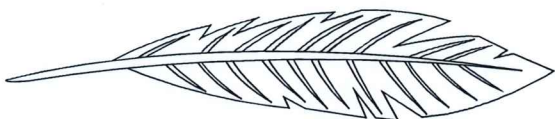
Lesson 84 • Worksheet 3

Compare lengths

Name _____

Count the length. Label them **longer** and **shorter**.





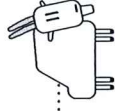
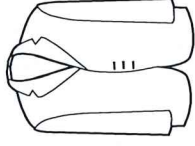
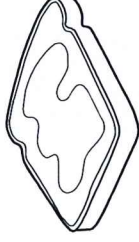
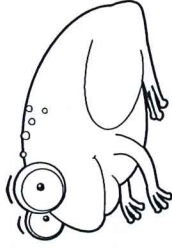
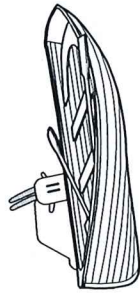




Name: _____ Date: _____

oa oa

Fill in the missing letters for these 'oa' words.



___ oa ___

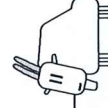
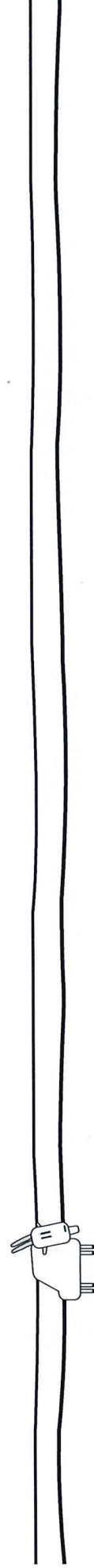
___ oa ___

___ oa ___

___ oa ___

___ oa ___

Draw some cars driving on this road.

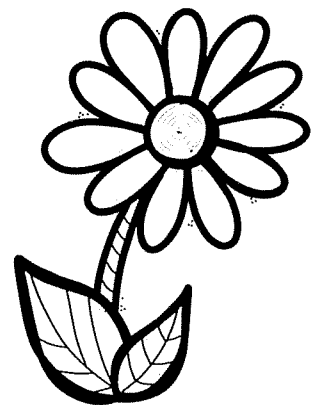
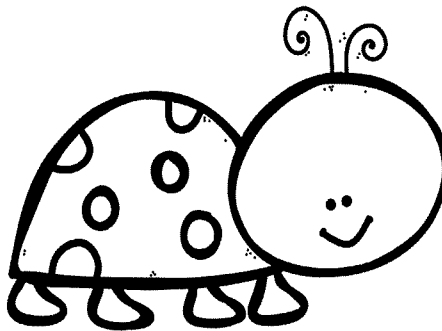
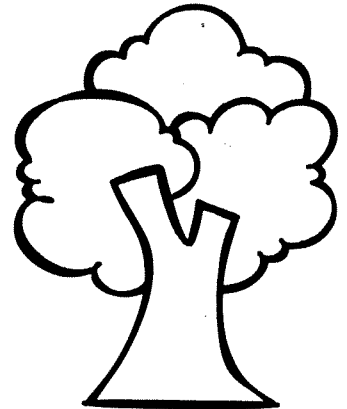
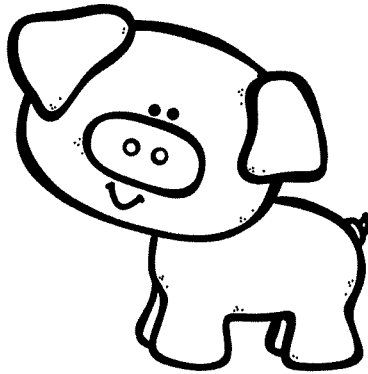


Name: _____

Adjectives



Write 2 adjectives to describe each picture.





Physical Education

Term 1

Week 8 – Year 1

Fundamental Movement Skills

Side Galloping

Skill Explanation

The side gallop or slide is the same as the gallop, except it is performed in a sideward, rather than forward, direction. It is the most effective skill for rapid, lateral movement. The side gallop is often used in tennis, baseball, basketball, fencing, traditional and square dances, defending in ball games, and moving to catch a ball thrown to one side.

Skill Criteria	Why Are They Important?
1 Rhythmical and relaxed	Indicates that each body component is being used in a smooth sequence.
2 Feet face to front (not direction of travel)	Helps to keep the head and trunk facing the front. If the feet turn to face the direction of travel, the movement becomes a gallop.
3 Knees slightly bent, weight on forefeet	Knees bend to absorb the impact, then extend to drive body forward and upward.
4 Can travel in either direction	Being able to side gallop with either leg ensures versatility so the performer can move quickly in all directions.
5 Trunk, head and eyes face to the front	It is important to eliminate movements that decrease momentum, efficiency and stability. Keeping the trunk, head and face toward the front helps to keep the feet facing the front.
6 Arms move to assist action	Arms assist the forward drive.

Skill Example

Watch this video link to learn how to Side Gallop!

[Link](#)

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?