|  |
| --- |
| **Key Vocabulary** |
| **Warm-up**Importance Of Warming Up And Cooling Down - UltraCare Pro | **Cool down** | **Catching**Catch Picture for Classroom / Therapy Use - Great Catch Clipart | Catch, Clip  art, Picture | **Galloping** |
| **What you need to be successful?** |
| **Jumping**  | **Balancing**  | **Throwing**  |
| * Be light on our feet.
* Head up.
* Eyes looking forward.
* Arms driving to push us forwards.
 | * Keep your head upright.
* Hold your arms out.
* Focus on a still object.
 | * Stand at one side.
* Eyes looking forward.
* Move your arm backwards and then forwards quickly.
* Let go
 |
| **Building Blocks to Success** |







**Throwing**

**Balancing**

**Jumping**