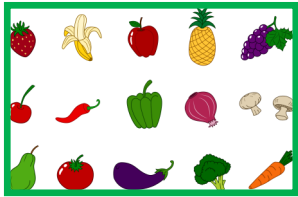


PE teaches me to move my body in different ways and it helps me live a healthy, active life.

EYFS Physical Development



Holding my pencil effectively will help me form my letters correctly.



When we exercise our bodies change; we get hot and sweaty, our cheeks get red, our heart beats faster and we get out of breath.



Climbing will help me get stronger.



It is important to get enough sleep.

Eating fruit and vegetables is a healthy food choice.

Key Vocabulary

Physical Exercise Healthy Active Agility Balance Movement Space Coordination

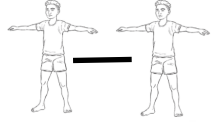


Holding scissors in one hand allows me to cut the paper correctly.



It is important to brush my teeth twice a day.

A good space is not near anyone or anything.



- pencil rolls
- walking
- running
- leaping
- hopping
- jumping
- tiptoeing
- star jumps
- skipping

A ROWENA PERSON IS...

KIND FRIENDLY SAFE RESPONSIBLE POLITE HELPFUL

At Rowena, everyone matters!