



We take **PRIDE** in all we do

Autumn 1 REAL PE

Personal Unit



Throughout our Personal Unit.

We are:

Beginning to challenge ourselves.

Know where we are with our learning

Try several times if at first we don't succeed.

Ask for help when we need it

During this unit we have learnt the athletic 'stop' stance. When we see an adult adopt this pose we all know to stop and give our full attention.

We have also been learning how to travel in different ways, we are practising the following ways of travel: skipping, running, hopping, side stepping, and galloping. We are even beginning to link the movements!



We have been learning how to coach one another in our indoor sessions. We have been learning to observe carefully and then give feedback to our partners. When giving feedback we must always give two positives first and then one area where there is room for development.

