

# PHYSICAL EDUCATION

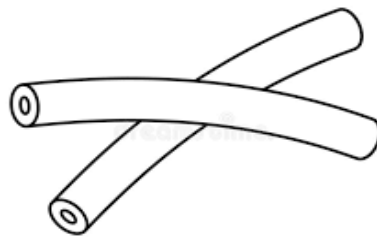
HOME BASED

GRADE:1


Content for revision for PE assessment

## SWIMMING SECTION:

Items that are used in swimming



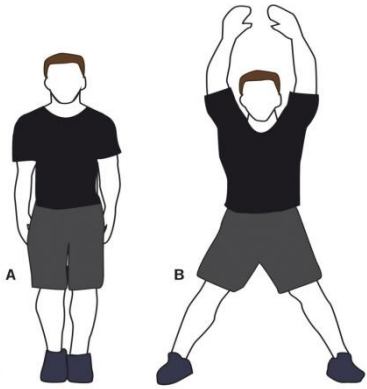
The items our swimming bag should have in it.



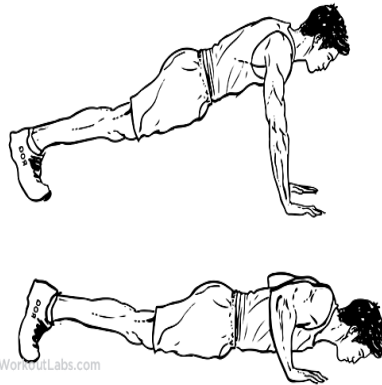
**goggles, swimming suit,  
swimming cap,  
towel, sun cream,**

A large, simple line drawing of a swimming bag or tote bag, shown from a top-down perspective. It has a wide opening at the top and a handle on the left side.

**Fitness movements:**



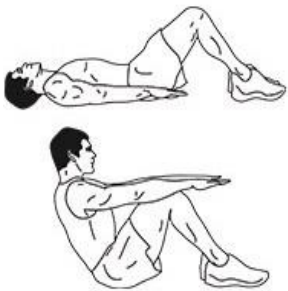
1. Jumping jack



2. Push up



3. Touching toes



4. Sit ups



5. Running

**General knowledge:**

**A.**

- 1- We play a soccer game with soccer ball.
- 2- We play a volleyball game with volleyball.
- 3- We play a netball game with netball.
- 4- We play a tennis game with tennis ball.

**B.**When you pass or kick the ball keep your eyes on the ball.

C. When you zig zag through the cones, it is also called weaving.

D. When you are balancing on the beam or the rope, keep your body upright and straight.

E. When you hop over the hurdle, you stop and jump with both feet

F. The game below is named hopscotch.

