

What should I already know?

- The importance of having active life style
- The importance of warming up and cooling down before and after any exercise.
- How to take turns and share.

Gems of Knowledge

What will I do?

- Work as part of a team
- Solve problems
- Make my heart beat faster through physical activity.

What will I know?

- How to communicate with others and listen to them.
- Respect other people's ideas.



Amazing Adventurers!



Bear Grylls



Steve Backshall

FOCUS -

- **Team building and Problem solving**
- **Communication**

Vocabulary

<p><u>Communication</u> - Giving information to another person, usually through talking (not always!)</p>		<p><u>Warm up</u> -Preparing your muscles and body for exercise.</p>	
<p><u>Active lifestyle</u> -_Exercising and moving everyday</p>		<p><u>Cool down</u> - Helping your body to relax and recover after exercise.</p>	
<p><u>Teamwork</u> - Working together to get something done well.</p>		<p><u>Respect</u> - Listening to other people even if they think differently to you.</p>	