

Understanding Basic Body Movements

Chapter 1: Basic Body Movements · Topic 1

Key Concept

Walking and running use our legs to move us from one place to another. Jumping means pushing off the ground with both feet and landing safely. Bending means folding our body at the waist or knees, like touching our toes.

Doing these movements regularly helps our muscles grow strong and keeps our heart healthy.

Other basic movements include stretching (making our body longer and looser) and twisting (turning our body from side to side), both of which help keep us flexible.

Practising many different movements, not just one, helps our whole body develop evenly and prepares us for playing different sports and games later.

Quick Revision Notes

- Walking, running, jumping and bending are basic body movements.
- Running uses our legs to move fast.
- Jumping means pushing off the ground with both feet.
- Moving every day keeps us healthy and strong.
- Stretching makes our body longer and looser.
- Twisting turns our body from side to side.
- Different movements help our body develop evenly.
- Basic movements prepare us for sports and games later.

Practice Questions

- 1 Practice walking, running, jumping and bending in an open space.
- 2 Count how many jumps you can do in a row.
- 3 Show a friend three different body movements.
- 4 Talk about how you feel after moving your body.
- 5 Practice stretching your arms and legs.
- 6 Practice twisting your body gently from side to side.