

PHYSICAL EDUCATION KNOWLEDGE ORGANISER

EYFS Reception Physical Activities

COMMUNICATION & LANGUAGE

I will learn:

to understand a question or instruction that has two parts.
 how to listen carefully and why listening is important.
 new vocabulary from the activities and skills we do together.
 to use sentences to explain my ideas and what I am feeling.
 to talk about how my body feels when it is still and during physical activity.
 to talk about what I and others have done.

PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT

I will learn:

to understand and follow rules and know why they are important.
 to show resilience and perseverance when challenged with more complex skills and I will want to try new ways to move.
 to be safe and show spatial awareness.
 to share equipment and space with others.

EXPRESSIVE ARTS & DESIGN

I will learn:

to listen attentively to, move to and talk about music, expressing my feelings and responses.
 to watch and talk about dance.
 to explore and engage in dance, performing on my own & with others.
 to move using my own ideas to tell a story or a nursery rhyme without using my voice.

PHYSICAL DEVELOPMENT

I will learn:

Basic large and small movement skills with games focus:

a variety of activities and games to develop running, skipping, hopping, jumping and chasing skills with developing control.
 to handle large balls, beanbags, hoops, quoits and other basic equipment to experience rolling, pushing, patting, throwing, catching, hitting and kicking with hands, feet and equipment.
 to carry an object on a bat/racket.
 a range of travelling actions with and without equipment on own and with others in a variety of spaces.
 to catch an object with 2 hands.
 to take part in simple games with others.

Basic large and small movement skills with gymnastic movements focus:

- Intro to basic movement skills
- Big and small

a variety of travel actions such as walk, run, hop, skip, crawl, slide, jump, turn and roll, developing ability to move, change direction and stop body suddenly with some control.
 to practise travelling on floor, then progressing to repeat same actions along and then over apparatus. (Rebound jumps, bunny hops, side rolls, side rolls, elephant walks with an animal themed focus.)
 how to land safely on 2 feet by landing in Peppa Pig's sticky muddy puddles.
 to develop my ability to forward roll independently.
 to hold small & big body shapes still on floor & apparatus.
 how to jump off apparatus trying to make small and big body shapes in the air.

Basic movements to music:

- Nursery Rhymes
- Stories: We're Going on a Bear Hunt

a variety of travel actions such as walk, run, hop, skip, crawl, slide, jump, turn and roll to different types of music.
 to change speeds when travelling.
 to practise changing shapes slowly and quickly.
 to travel in different directions on different body parts.
 to join different movements together.
 to move using my own ideas to tell a story or a nursery rhyme without using my voice.
 to use my face to show how I am feeling.



Run



Jump



Hop



Catch



Throw



Kick



Carry



Bunny hop



Side roll



Forward roll



Travel to music