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|  | Knowledge Organiser |
|  | Reception – PE |
| Movement & Agility | * Develop fundamental movement skills – walking, running, jumping, hopping & skipping * Begin to travel with more confidence * Learn to negotiate space safely * Develop fine and gross motor skills |
| Ball Skills | * Learn to handle equipment effectively * Develop bouncing, throwing and catching skills with a variety of objects * Develop good control & hand eye coordination * Learn to dribble & kick a ball with their feet * Experience hitting a ball with a variety of bats |
| Gymnastics | * Learn the 9 foundations shapes – tuck, pike, straddle, star, straight, front straddle, dish, arch & puck * Learn the 5 foundation jumps – 1 foot to same foot (hop), 1 foot to other foot (leap), 1 foot to 2 feet, 2 feet to 1 foot, 2 feet to 2 feet * Travel in a variety of ways – crocodile, camel, crab, scorpion, fox, bunny hops, frog hops * Perform basic rolls – log roll, egg roll, forward roll * Develop agility, flexibility, control, strength & balance |
| Dance | * Learn to perform basic dance actions eg travel & change direction, turn, jump, balance/stillness * Learn how to copy a short motif (ie a phrase, movement or gesture that is repeated) * Begin to respond to music and understand different rhythms/beats |
| Athletics | * Learn to throw objects underarm & overarm * Develop basic jumping skills * Develop running skills * Begin to understand and demonstrate different running speeds |
| All Activities | * Learn to work independently and with others * Develop good levels of physical fitness * Begin to develop a sense of fair play & cooperation * Follow simple rules and understand safety aspects of PE * Begin to understand the importance for good health of physical education and healthy diet |
| Key Words | Movement and Agility  Walking, running, jumping, hopping, leaping & skipping  Ball Skills  Underarm throw  Overarm throw  Gymnastics  Tuck, pike, straddle, star, straight, front straddle, dish, arch, puck  Log roll, egg roll, forward roll  Flexibility, control, strength  Dance  Travel, change direction, turn, jump, balance/stillness  Rhythm, beats  Athletics  Hop, skip, jump  Jog, sprint |