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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
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| 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
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| 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

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| 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
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| Athletics | * Learn to throw objects underarm & overarm
* Develop basic jumping skills
* Develop running skills
* Begin to understand and demonstrate different running speeds

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| 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
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| Key Words | Movement and AgilityWalking, running, jumping, hopping, leaping & skippingBall SkillsUnderarm throwOverarm throwGymnasticsTuck, pike, straddle, star, straight, front straddle, dish, arch, puckLog roll, egg roll, forward rollFlexibility, control, strength DanceTravel, change direction, turn, jump, balance/stillnessRhythm, beatsAthleticsHop, skip, jumpJog, sprint |