St John Fisher RC Primary School
EYFS - Knowledge Organiser – Autumn Two- Physical Education

Overview

Physical Education

In PE, we learn about and take part in different physical activities and sports.



'**Physical**' means the things we do with our bodies.

PE helps us to stay physically fit and healthy and teaches us how to play different sports.

In the EYFS, early PE knowledge is based within the '**Gross motor skills**' and '**Fine motor skills**' areas of learning.





Physical development

Healthy Living

It is important to stay healthy so that we feel good and so we can live long and happy lives.



-One way to stay fit and healthy is to eat healthy foods, for example fruit (e.g apples, bananas and strawberries) and vegetables (e.g broccoli, carrots and sweetcorn).



-Another way to stay fit and healthy is to exercise e.g running, playing sports, cycling or swimming.



-It is also important to make sure that we get enough sleep (10-12 hours for 4-5 year olds) and that we are hygienic.

Safety

-Safety is about protecting ourselves from danger or harm. It is important that we always think about the risks of the things that we do. We should take action to make the risks smaller if we can. We should avoid things if they are too risky.

Key Vocabulary

Physical

Sport

Healthy

Exercise

Run

Jump

Movement

Safety

Dance

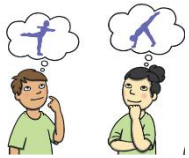
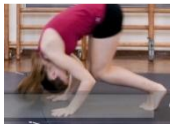
Physical development		Expressive Arts and Design	
Gross Motor Skills 	-In PE we will learn to find space and find a way to overcome obstacles safely. - We will develop our strength, balance and coordination when playing. -When we take part in PE we will develop our running, jumping, dancing, hopping, skipping and climbing techniques.	**Using your Imagination** Being Imaginative and Expressive 	-Using your imagination is about having new ideas. -When using our imaginations we can make things that are fun, new and interesting. We can also show emotions and copy movements. -In our PE lessons our imagination can help us to create new and interesting dances, think of new games and sports and find new ways to exercise.
Basic Movements Gross Motor Skills 	-In PE we learn to move in lots of different ways. -We can move over, under, around and through things. -When we climb up stairs, steps or climbing equipment we need to alternate our feet (change which foot leads). -When moving down stairs, steps or climbing equipment we can still put two feet on a step.	**Dancing and Moving** Being Imaginative and Expressive 	-When we dance, we use our bodies to move to the sound of music. -We can move some parts of our bodies to create sounds along to the beat, for example stamping our feet and clapping our hands. - We can repeat some movements in a pattern, in order to create dance sequences. We can also dance to show emotions and copy movements.
Using Equipment Gross Motor Skill 	-Sports equipment are the things that we play sports with. Different equipment is used for different sports. - We will learn which sport the equipment is for and what is it used for. We will begin to learn how to use the equipment properly. Football Tennis Ball Basketball Hockey Stick Tennis Racquet Hula Hoop Skipping Rope Bean Bag Net Posts Flags	**Fine Motor Skills** Creating with Material  	-We will develop our fine motor skills to hold a pencil effectively. -When we access the continuous provision areas we will use a range of small tools, including scissors and paint brushes. We will also develop or drawing skills and begin to show accuracy and care. - We will safely use and explore a variety of materials, tools and techniques, experimenting with colour, design, texture, form and function.
Running and Jumping Gross Motor Skill 	-When we are running we can change speed (how fast we run) and direction (where we run to). This helps us to stay in space to make sure we don't crash. - When we are jumping we will bend our knees from extra height. We will land on both feet and bend our knees to cushion the fall.		

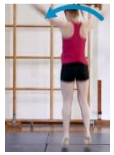
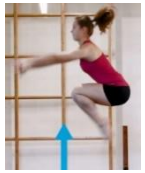
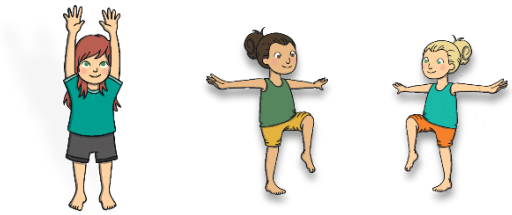
St John Fisher RC Primary School

EYFS PE Knowledge Organiser Autumn Two: Gymnastics

This Gymnastics unit will teach the children the skills and techniques needed in order to take part in a range of gymnastics sequences.

Why do we do PE?	**Gymnastics Overview**
We take part in PE sessions to keep our bodies and minds healthy. PE at St John Fisher ensures that all pupils develop competence to excel in a broad range of physical activities and lead healthy, active lives.	In this Gymnastics unit, the children will learn and practise a variety of skills, including rolls, jumps and balances and they will develop their control, agility and coordination. Each lesson will focus on a particular skill and they will have the chance to apply their learning in a variety of ways.

Week 1 – Balancing	**Week 2 – Partner Balances**	**Week 3 – Rolling**
During this lesson we are going to perform and improve upon balances on different parts of the body. We will create different shapes with our bodies and hold them still. We will evaluate the work of others and give appropriate feedback and understand how to improve the quality of our own balances. We will compose and perform a sequence on apparatus.  	During this lesson we are going to create matching balances with a partner. We are going to work cooperatively with a partner and perform quality balances on a range of body parts. We will perform our balances on apparatus and work with a partner to evaluate our work.  	During this lesson we are going to roll in different ways while showing control. We will perform three different types of roll. We will control our bodies when we are rolling in different ways. We will learn and understand that rolls can be used to link movements together in a sequence. **Rock to Stand**  **Curled Side Roll**  **Crouched Forward Roll** 

Week 4 – Jumping	Week 5 – Building Sequences	Week 6 – Sequences in Pairs
During this lesson we are going to learn how to jump safely in a variety of ways, including on and off apparatus. We will show control when landing our jumps and show clear body shapes when we are jumping. **Straight Jump**  **Half Turn Jump**  **Tuck Jump** 	During this lesson we will combine a selection of movements to create a gymnastic sequence. We will explore and remember movements to create a sequence. We will link our movements together to help our sequences flow. We will evaluate the work of others and say how it could be improved. We will show good control when performing a variety of movements. 	During this lesson we are going to work with a partner to create a matching sequence. We will work cooperatively with a partner and explore and remember movements to create a sequence. We will link our movements together to help our sequences flow. We will show good control when performing a variety of movements. 