



# St John Fisher RC Primary School

## EYFS - Knowledge Organiser – Spring One - 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

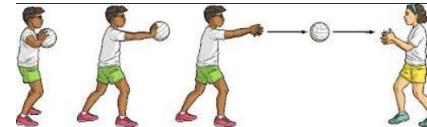
Dance

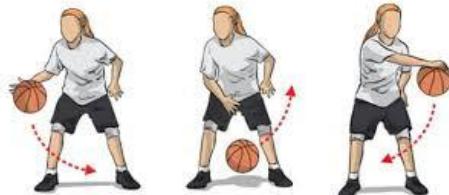
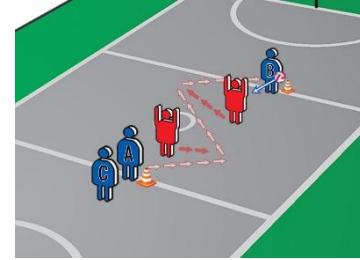
<b>Physical development</b>		<b>Expressive Arts and Design</b>	
<b>Gross Motor Skills</b> 	<ul style="list-style-type: none"> <li>-In PE we will learn to find space and find a way to overcome obstacles safely.</li> <li>- We will develop our strength, balance and coordination when playing.</li> <li>-When we take part in PE we will develop our running, jumping, dancing, hopping, skipping and climbing techniques.</li> </ul>	<b>Using your Imagination</b> Being Imaginative and Expressive 	<ul style="list-style-type: none"> <li>-Using your imagination is about having new ideas.</li> <li>-When using our imaginations we can make things that are fun, new and interesting. We can also show emotions and copy movements.</li> <li>-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.</li> </ul>
<b>Basic Movements</b> Gross Motor Skills 	<ul style="list-style-type: none"> <li>-In PE we learn to move in lots of different ways.</li> <li>-We can move over, under, around and through things.</li> <li>-When we climb up stairs, steps or climbing equipment we need to alternate our feet (change which foot leads).</li> <li>-When moving down stairs, steps or climbing equipment we can still put two feet on a step.</li> </ul>	<b>Dancing and Moving</b> Being Imaginative and Expressive 	<ul style="list-style-type: none"> <li>-When we dance, we use our bodies to move to the sound of music.</li> <li>-We can move some parts of our bodies to create sounds along to the beat, for example stamping our feet and clapping our hands.</li> <li>- We can repeat some movements in a pattern, in order to create dance sequences. We can also dance to show emotions and copy movements.</li> </ul>
<b>Using Equipment</b> Gross Motor Skill 	<ul style="list-style-type: none"> <li>-Sports equipment are the things that we play sports with. Different equipment is used for different sports.</li> <li>- 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.</li> </ul> <p>Football Tennis Ball Basketball Hockey Stick Tennis Racquet Hula Hoop Skipping Rope Bean Bag Net Posts Flags</p>	<b>Fine Motor Skills</b> Creating with Material  	<ul style="list-style-type: none"> <li>-We will develop our fine motor skills to hold a pencil effectively.</li> <li>-When we access the continuous provision areas we will use a range of small tools, including scissors and paint brushes. We will also develop our drawing skills and begin to show accuracy and care.</li> <li>- We will safely use and explore a variety of materials, tools and techniques, experimenting with colour, design, texture, form and function.</li> </ul>
<b>Running and Jumping</b> Gross Motor Skill 	<ul style="list-style-type: none"> <li>-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.</li> <li>- 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.</li> </ul>		



# St John Fisher RC Primary School

## PE Knowledge Organiser Spring One: Basketball Skills

Key Skills needed for Basketball		How we will develop these skills in PE	
<b>Passing/Throwing</b>	<p>Different passes can be used: chest pass, shoulder pass and bounce pass.</p> <p><b>Chest pass:</b></p>  <p>The ball is passed from one player to another players chest. Start with the ball at chest height, step towards team mate, extend arms and throw the ball.</p> <p><b>Shoulder pass:</b></p>  <p>A quick pass delivered from the shoulder. Move the opposite foot forward to throwing arm and hold the ball at head height with fingers spread behind the ball. Body weight is transferred from the back foot</p>	<p>We will practise being balanced and in control of the ball in preparation for the pass.</p>	<p>Lean to the front foot. The hand, arm and shoulder should then thrust forwards releasing the ball.</p> <p><b>Bounce pass:</b></p>  <p>A pass that bounces once before reaching the receiver. Aim to bounce the ball just over half way between you and your team mate. Start with the ball at chest height and push the ball down.</p>

<b>Catching/Receiving</b>	A skill used to receive the ball.	<p>We will develop our hand-eye co-ordination and learn to catch the ball from a standing position. We will vary the distance between catcher and thrower.</p>   
<b>Dribbling</b>	A skill to take the ball forwards by continuous bouncing.	<p>We will practise dribbling when standing still and then when moving with the ball. We will use our hand eye coordination to keep in control of the ball.</p> 
<b>Dodging</b>	A change of speed and direction to receive the ball.	<p>We will practise dodging to receive the ball. We will move our bodies quickly keeping our eyes on the ball.</p>  

<b>Shooting</b>	A skill used to score a goal.	We will practice our shooting skills. We will practise taking aim at the net, bending our knees and extending our arms.
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