



St John Fisher RC Primary School

EYFS - Knowledge Organiser – Spring 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

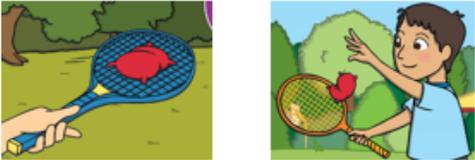
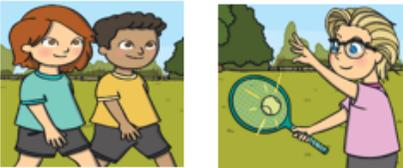
Jump

Movement

Safety

Dance

Physical development		Expressive Arts and Design	
<p>Gross Motor Skills</p> 	<ul style="list-style-type: none"> -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. 	<p>Using your Imagination Being Imaginative and Expressive</p> 	<ul style="list-style-type: none"> -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.
<p>Basic Movements Gross Motor Skills</p> 	<ul style="list-style-type: none"> -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. 	<p>Dancing and Moving Being Imaginative and Expressive</p> 	<ul style="list-style-type: none"> -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.
<p>Using Equipment Gross Motor Skill</p> 	<ul style="list-style-type: none"> -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. <p>Football Tennis Ball Basketball Hockey Stick Tennis Racquet Hula Hoop Skipping Rope Bean Bag Net Posts Flags</p>	<p>Fine Motor Skills Creating with Material</p>  	<ul style="list-style-type: none"> -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 our 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.
<p>Running and Jumping Gross Motor Skill</p> 	<ul style="list-style-type: none"> -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. 		

Why do we do PE?	Badminton Overview	
<p>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. We aim to inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities. We provide opportunities for all pupils to become physically confident in a way which supports their health and fitness. We provide opportunities to compete in sport which builds character and helps to embed values such as fairness and respect.</p>	<p>The badminton unit will introduce children to using different rackets. Children will learn how to hold a badminton racket correctly and use it to control beanbags and balls in various ways, including striking to a target. Adaptive activities will be used each week to develop the children's skills in a fun and progressive way. They will then apply these skills to play small-sided games, promoting the importance of effective teamwork and there will be opportunities for the children to watch and evaluate the performance of others. In this unit, the language and terminology used in badminton will be introduced and explained.</p>	
Week 1 – Holding a Racket	Week 2 – Strike it!	Week 3 – Game Time!
<p>In this lesson we are going to learn how to hold a racket correctly and use it to control a beanbag in different ways. We will balance a beanbag on a racket while travelling in different ways. We will then practice throwing a beanbag from our racket and catch it again.</p> 	<p>During this session we will learn how to use a racket to hit a ball or beanbag with control. We will hold a racket correctly and use it to hit a beanbag into a target. We will practise hitting a ball into the air with control and we will cooperate effectively with others.</p> 	<p>In this lesson we will apply our racket skills to play a target game. We will listen carefully and follow the rules to play a game. We will use our racket to hit a ball into a target. We will cooperate effectively with others and watch a partner and give appropriate feedback.</p> 
Week 4 – Cricket Bats	Week 5 – Bat the Ball	Week 6 – Use Your Skills
<p>During this lesson we will learn how to use a cricket bat to control a ball along the ground. We will hold a cricket bat correctly and use a bat to push a ball along the ground. We will then learn how to hit a ball along the ground and hit a ball towards a target.</p> 	<p>In this lesson we will continue to use a cricket bat to hit a ball with control. We will practise holding a cricket bat correctly and use it to hit a ball along the ground. We will learn how to hit a ball that has been rolled to us and take on different roles within a scoring game.</p> 	<p>During this lesson we will apply the bat and ball skills we have learned in this unit to play a small-sided game. We will hit a ball that has been rolled to us, roll a ball accurately and stop a rolled ball. We will take on different roles within a game and cooperate with others to play a small-sided game.</p> 

