



St John Fisher RC Primary School

EYFS - Knowledge Organiser – Summer Term 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

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. 		

Week 1 – Racket Recap

In this PE unit we are going to practise using different types of bat. We will be using a tennis racket and a cricket bat. During this lesson we are going to recap how to hold a racket correctly to hit a ball and we will be using our hand-eye coordination. We are going to hold our racket and try to hit the ball forwards. We will hold the ball above our racket with our other hand, drop the ball and hit it forwards.



Week 2 – Hit It Back

During this session we are going to be hitting a ball that has been thrown by our partner and then progress to use a simple tactic to play a competitive game. The skills which we will work on today are practising an underarm throw and hitting a moving ball. We are going to use all of the skills that we have practised to play a game with our partner. The tactic is to look for spaces on the court so that our partner can't touch the ball before it bounced.



Week 3 – Cricket Control

The skills which we are going to work on during this session are: rolling a ball accurately, holding a cricket bat and hitting a ball with a cricket bat. We will bend our knees when rolling the ball and make sure the ball is travelling along the ground. We will hold our cricket bat with two hands, with our writing hand at the bottom of the handle and we will swing our bat backwards before we hit the ball.



Week 4 – Getting Game Ready

During this lesson we are going to practise a range of cricket skills. We will hit a ball that has been rolled, hit a ball to a target and throw a ball overarm.

