



St John Fisher RC Primary School

EYFS - Knowledge Organiser – Summer Term 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. 		

Week 1 – Super Sprinting	Week 2 – Heroic Hurdling	Week 3 – Jumping Animals	
<p>During this session we are going to learn how to sprint effectively. As sprinting involves trying to cover a short distance in the fastest possible time, it is important to make sure we are using the most efficient technique for sprinting. In today's lesson we will be identifying and practising the most effective running technique for sprinting. We will be focusing on having a good arm action and leg action as well as what we should be doing with our head and the rest of our body.</p> 	<p>During this session we are going to learn how to run with fluency over hurdles. Hurdling is the act of running and jumping over obstacles at speed. We will practise our lead leg and trail leg action and our stride pattern. We will try to run with fluency and coordination over the obstacles while trying to keep our stride even. We will focus on trying find a good rhythm and technique before we build up our speed.</p> 	<p>During this lesson we are going to learn to jump for distance. The long jump is a field event in athletics that combines speed, strength and agility. In today's lesson, we will be trying to jump as far as possible using the standing long jump, which is a horizontal jump from a standing position. We will focus on our take-off, flight (action in the air) and landing to try and jump the furthest distance possible.</p> 	
Week 4 – Thorough Throwing	Week 5 – Push Throw Space Mission	Resources	Athletics
<p>During this session we will develop and refine different throwing techniques. We will be using and developing our underarm and overarm throwing skills. The underarm throw is used for short distances and is more accurate than the overarm throw. It involves a backward-forward swing of the hand to release the ball. The overarm throw is a skill used in many sports to get the ball over a long distance. The technique used to throw a ball overarm is very similar to the technique used to throw a javelin.</p> 	<p>During this session we are going to learn different push throw techniques. In athletics, the push throw relates to the shot put. Power, strength and speed are required for this throw. In today's lesson, we will be learning and developing the technique for the one-handed and the two-handed push throw. We will be throwing for distance and accuracy.</p> 	<ul style="list-style-type: none"> Cones Beanbags Skipping Ropes Low level hurdles Stopwatches Hoops Tape measures Tennis balls Netballs 	<p>Athletics is a collection of sporting events that involve running, jumping, throwing and walking. Most athletic events are either 'track' or 'field' events. Track events involve all forms of running and walking. Field events are the throwing and jumping events.</p>