



St John Fisher RC Primary School

EYFS - Knowledge Organiser – Autumn 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	
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 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.
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.		

Week 1 – Using Space	Week 2 – Marking Players	Week 3 – Dynamic Defenders
During this lesson we will think about using space in a team game. We will learn how to attack and defend in a team game, identify useful spaces to move to in a team game and move to useful spaces in a team game. We are going to play a game that involves attacking and defending. We will work in groups of four. In each game there will be three attackers and one defender. Everyone will have a turn at being the defender. 	During this lesson we are going to learn how to mark another player. We will learn how to defend a goal safely, stay close to an attacker and move the same way as an attacker. We will play a game called 'sticking together'. One partner is the attacker and can run freely around the space. The attacker should try to get away from the defender. The other partner is the defender. They must mark their attacker at all times, staying close to them. The defender must not touch the attacker, or trip them up by getting in their way. 	During this lesson we are going to learn how to defend the space between players. We will learn to choose the best space to defend and stop players from passing the ball across the space. We are going to play the 'Piggy in the Middle' game in threes to use our defence skills. The defender will try to stop the players from passing the ball to one another. When the defender gets the ball, players should swap roles. 
Week 4 – Perfect Passing	Week 5 – Dodging Defending	Week 6 – Using Your Skills
During this lesson we will learn how to pass a ball to another player. We will look for players in useful spaces and pass to them. We will learn how to get into useful spaces to receive passes. We will make eye contact with other players so they know we are ready to pass. We will play a game called 'Baseline'. The aim of the game is to pass the ball between the two attackers from the baseline to the goal, which is the square of cones. 	During this lesson we will learn how get past a defender. We will learn how to move side to side to dodge a defender and change direction quickly. We will learn how look for space to get past a defender. We will play a game called 'Spiders and Flies'. If a defender touches an attacker, they should go back to the start and count to ten. They can then set off and try again to dodge the defender. We will take turns at being defenders and attackers. 	During this lesson we will use our attacking and defending skills in a team game. We will practise our attacking and defending skills. We will use our attacking skills to score points. We will use our defending skills to stop the other team scoring points. We will talk about the things we want to improve on and the things we are good at. We will play a game called 'Touch Down'. The aim of the game is to score as many points as possible for your team. You can score points by touching the ball onto a cone that is your team's colour. 