










Highfield Primary School - Reception - Knowledge Organiser – Physical Education



Overview	
Physical Education	
<p>-In <u>Physical Education</u>, we learn about and take part in <u>physical activities</u> and <u>sports</u>.</p> <p>-‘<u>Physical</u>’ means <u>things we do with our bodies</u>.</p> <p>-PE helps us to stay <u>physically fit and healthy</u>, and teaches us <u>how to play different sports</u>.</p> <p>In <u>EYFS</u>, early PE knowledge is based within the ‘<u>Physical Development</u>’ and ‘<u>Expressive Arts and Design</u>’ learning areas.</p>	
 	

Physical Development		
	Basic Movements Sub-Area: Moving and Handling	<p>-In PE, we learn to <u>move</u> in lots of different ways (see the <u>movements</u> at the bottom of the page).</p> <p>-We can move <u>over, under, around, and through things</u>.</p> <p>-When climbing <u>up stairs</u>, steps or climbing equipment, we need to <u>alternate feet</u> (change which foot leads)</p> <p>-When moving down stairs, steps or climbing equipment, we can still put <u>two feet on a step</u>.</p>
	Using Equipment Sub-Area: Moving and Handling	<p>-<u>Sports Equipment</u>: the things that we play sports with. Different equipment is used for different sports.</p> <p>-You should learn <u>which sport</u> the equipment is for, and what it is used for. You should be beginning to learn how to <u>use each piece of equipment properly</u>.</p> <p>Football Tennis Ball Basketball Hockey Stick Tennis Racquet Golf Club Hula Hoop Whistle Skipping Rope Bean Bag Net Posts Flags</p>
	Running and Jumping Sub-Area: Moving and Handling	<p>-When we are <u>running</u>, we can change <u>speed</u> (how fast we run) and <u>direction</u> (where we run to). This helps us to stay in space and to make sure that we don't crash!</p> <p>When we are jumping, we should bend our knees for extra height! We should land on both feet, and bend our knees to cushion the fall.</p>

Physical Development		Key Vocabulary
Healthy Living Sub-Area: Health and Self-Care -It is important to stay healthy so that we <u>feel good</u> , and we can live long and happy lives. -One way to stay fit and healthy is to <u>eat healthy foods</u> , for example fruit (e.g. apples, grapes, strawberries) and vegetables (e.g. carrots, lettuce, sweetcorn)		Physical Sport Healthy Exercise
-Another way to stay fit and healthy is to <u>exercise</u> , 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 (see below).		Run Jump
Safety Sub-Area: Health and Self-Care - <u>Safety</u> is about protecting ourselves from <u>danger</u> or harm. -It is important that we always think about the <u>risks</u> of the things that we do. We should take action to make the risks smaller, if we can. We should <u>avoid things</u> if they are too risky.		Movement Safety Dance

Expressive Arts and Design		
	Using Your Imagination Sub-Area: Being Imaginative	<p>-Using your imagination is about having new ideas!</p> <p>-When using our imaginations, we can make things that are fun, new and interesting. We can also <u>show emotions</u> (feelings) and <u>copy movements</u> (e.g. a cat, a box).</p> <p>-In PE, our imagination can help us to create interesting dances, think up new games and sports, and find new ways to exercise.</p>
	Dancing and Moving Sub-Area: Being Imaginative	<p>-When we dance, we <u>use our bodies</u> to <u>move to the sound of music</u>.</p> <p>-We can move some parts of our bodies to create sounds along to the beat, for example <u>stamping our feet</u> and <u>clapping our hands</u>.</p> <p>-We can repeat some movements in a pattern, in order to create <u>dance sequences</u>. We can also dance to <u>show emotions and copy movements</u>.</p>