

PE Knowledge Organiser

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| Topics: Travelling, gymnastics and ball skills | Year: FS2/Y1 | |
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| Key knowledge | |
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| Coordination | |
| Speed | To know that you can move at varying speeds safely. |
| Balance | To know that your body shape and positioning effects your balance. |
| Pathways | To know you can vary the direction of movement to reach desired destinations. |


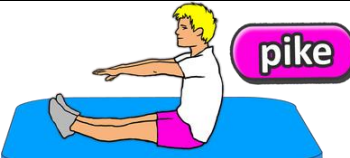

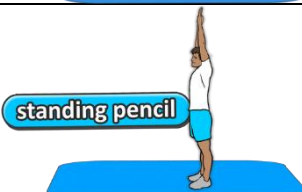

| Key knowledge | |
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| Gymnastics | |
| Gymnastic shapes | To know how to perform tuck, pike, straddle, straight and star shapes. |
| Sequence of movements | To know how to link gymnastic shapes in a sequence. |

| Key knowledge | |
|------------------------|--|
| Ball skills | |
| Close football control | To understand the importance and know how to control the ball with the inside of the foot. |
| Throwing and catching | To know how to throw and catch a ball with two hands. |

| Extended learning opportunity |
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| To enhance meaningful play and increase physical activity at playtime. |

| Cross curricular links |
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| Science – Names of body parts and effects of exercise on the body |
| Maths – Counting, shapes and positional language |
| Social development – sharing, turn taking and positive play |

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| Key Vocabulary |
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| Space | Awareness of being in their own space |
| Speed | Walking, jogging and sprinting |
| Direction | Moving forwards, backwards and sideways. |
| Pathways | Use of different routes to explore an identified space. |
| Balance | An even distribution of weight enabling someone or something to remain upright and steady. |
| Tuck sit |  |
| Pike |  |
| Straddle |  |
| Straight shape |  |
| Star |  |
| Close control | To maintain the position of the ball next to the player. |
| Send | To throw the ball in a controlled way using both hands. |
| Receive | To catch the ball in a controlled way using both hands |