

PE Knowledge Organiser

Topics: Multiskills, Healthy lifestyles, Gymnastics.	Year: FS2/Y1	Spring Term
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Key knowledge	
Multiskills	
Activity stations	To understand how to use activity stations to increase fitness
Timed activities	To use set times to help increase performance and competition
Running, targets and team work	To use different physical skills; running, throwing, balancing in a team environment.



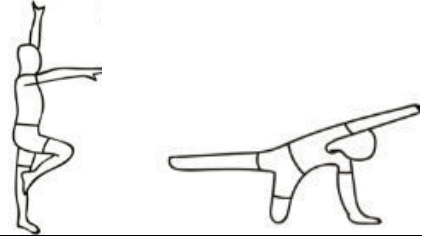
Key knowledge	
Gymnastics	
Gymnastic jumps	To know how to take off and land safely.
Gymnastics balances	To know how to perform and hold a balance still for 3 seconds.

Key knowledge	
Healthy Lifestyles	
Food hygiene	To understand the importance of hand washing and separate food preparation areas
Cooking a healthy snack	To know the key food groups; fruit, vegetables, protein and carbohydrate and create a snack containing them.

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

Cross curricular links
Science –Effects of exercise and food on the body, categorising foods; fruit, vegetables, protein, carbohydrate.
Maths – Counting, time, predicting
Social development – sharing, turn taking and modelling success

Key Vocabulary

activity station	An area where one activity is practiced
competition	When we work with our peers and try to improve our performance
target	Using an object to throw or send to a specific place with the aim of scoring points.
Hand eye coordination	Watching the object carefully that is being thrown, caught or hit.
Fitness	Our ability to tackle physical tasks.
Take-off and landing	
Star jump	 Stretch arms and legs.
Balance	Where we can be still for 3 seconds or more while using specific points on our body. For example: <div style="text-align: center;">  </div>
Hygiene	Washing hands, equipment carefully with hot water and soap. Also preparing foods carefully to ensure no germs are transferred
Carbohydrate	Pasta, potatoes, rice, bread. Also sugars are carbohydrates
Protein	Beans, dairy, meat, fish, eggs and other