

St Leo's and Southmead Catholic Nursery and Primary School

EYFS P.E. Knowledge Organiser



Overview

Physical Education

-In Physical Education, we learn about and take part in Physical activities and sports.

'Physical' means things we do with our bodies.

PE helps us to stay physically fit and healthy, and teaches us how to play different sports.

In EYFS, early PE knowledge is based within the 'Physical Development' and 'Expressive Arts and Design' Learning Areas.



WOW!



Key Vocabulary

- Physical
- Sport
- Healthy
- Exercise
- Run
- Jump
- Movement
- Safety
- Dance

Physical Development

Health Living – Sub-Area : Health and Self-Care

It is important to stay healthy so that we feel good and we can live long and happy lives.

One way to stay fit and healthy is to eat healthy foods, For example fruit (apples, grapes, strawberries) and Vegetables (carrots, lettuce, sweetcorn etc.)

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 are hygienic.



Safety – Sub-Area: Health and Self-Care

Safety is about protecting ourselves from danger or harm.

It is important that we always think about the risks of the things we do. We should take action to make the risks smaller, if we can. We should avoid things if they are too risky.



Physical Development



Basic Movements
Sub-Area:
Moving and Handling

In PE, we learn to move in lots of different ways (see the movements at the bottom of the page). We can move over, under, around and through things.

When climbing up stairs, steps or climbing equipment, we need to alternate feet (change which foot leads)

When moving down stairs, steps or climbing equipment, we can still put two feet on a step.



Using Equipment
Sub-Area:
Moving and Handling

Sports Equipment: the things that we play sports with.

Different equipment is used for different sports.

You should learn which sport the equipment is for, and what is used for. You should be beginning to learn how to use each piece of equipment properly.

Football, Tennis Ball, Basketball, Hockey Stick, Tennis Racquet, Golf Club, Hula Hoop, Whistle, Skipping Rope, Bean Bag, Net, Posts, Flags



Running and Jumping
Sub-Area:
Moving and Handling

When we are running, we can change speed (how fast we run) and direction (where we want to run to). This helps us to stay in space and to make sure that we don't crash!

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.

Expressive Arts and Design



Using Your Imagination
Sub-Area:
Being Imaginative

Using your imagination is about having new ideas!

When using our imagination, we can make things that are fun, new and interesting. We can also show emotions (feelings) and copy movements (e.g. a cat, a box)

In PE, our imagination can help us to create interesting dances, think up new games and sports, and find new ways to exercise.



Dancing and Moving
Sub-Area:
Being Imaginative

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.

Movements

Running



Crawling



Jumping



Shuffling



Skipping



Hopping



Rolling



Sliding

