



Physical Education

Knowledge Organiser

EYFS

Learning	Supporting learners to achieve these goals (skills and progression)	Vocabulary and skills (for the year)
Children need to revise and refine the fundamental movement skills they have already acquired. These skills include: · rolling · crawling · walking · jumping · running · hopping · skipping · climbing	· Provide regular access to appropriate outdoor space. · Ensure there is a range of surfaces for children to feel, move and balance on.	Below is a list of the vocabulary and skills children in EYFS should becoming familiar with. <u>5 under 5 skills</u> Running fast Hopping Jumping Underarm throw/ Overarm throw
Children need to progress towards a more fluent style of moving, with developing control and grace.	· Provide children with regular opportunities to practise their movement skills alone and with others. · Challenge children with further physical challenges when they are ready. · Encourage children to conclude movements in balance and stillness.	Catching <u>Lancashire Key Fundamental Movement Skills</u> Running fast
Children need to develop their overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.	· Encourage children to be highly active and get out of breath several times every day. · Provide opportunities for children to spin, rock, tilt, slide and bounce. · Provide a range of wheeled resources for children to balance, sit or ride on, pull or push.	Hopping Skipping Jumping Underarm throw
Children need to develop their small motor skills so that they can use a range of tools competently, safely and confidently.	· Help children to develop the core strength and stability needed to support their small motor skills. · Offer children activities to develop and further refine their small motor skills.	Overarm throw Rolling a ball

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		Bouncing a ball Kicking a ball Catching
Children need to combine different movements with ease and fluency.	· Create obstacle courses that require a range of movements in order to be completed. · Encourage precision and accuracy. · Provide opportunities to move that require quick changes of speeds and direction.	<u>Vocabulary</u> balance
Children need to confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group. They also need to develop overall body strength, balance, co-ordination and agility.	· Encourage children to use a range of equipment	roll throw catch jump
Children need to further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming. They also need to develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.	· Provide a range of different sized balls made from familiar materials. · Introduce full sized balls when children show competency and confidence. · Introduce a range of resources used to bat. · Introduce children to ball games.	skip kick climb hop run forwards backwards up down walk dance