## Early Years PE Knowledge organiser - Introduction to PE



Learning Together, Learning for Life

Nursery Knowledge
What will I know and do by the end of the unit?

I am beginning to demonstrate balance.

I am beginning to negotiate space safely.

I am beginning to take turns with others.

I can explore movement skills.

I can make guided choices.

I follow instructions with support.

## Reception Knowledge What will I know and do by the end of the unit?

I can demonstrate balance.

I can make independent choices.

I can negotiate space safely with consideration for myself and others.

I follow instructions involving several ideas or actions.

I play co-operatively and take turns with others.

I use movement skills with developing balance and co-ordination.

What I will do:				
Physical	Move safely			
Skills	• Run			
	• Jump			
	• Throw			
	• Catch			
	Follow a path			
Social skills	Share			
	• Lead			
Emotional	Keep trying			
skills	Resilience			
Thinking	<ul> <li>Choose actions</li> </ul>			
skills	Decide what to do			



Vocabulary I will know:				
run		share		
safely		jump		
catch, throw		direction	<b>♦</b>	
stop	*	listen		