

## Early Years PE Knowledge organiser – Fundamentals



### Nursery Knowledge

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

Name two body parts which I can use to balance.  
Use my arms to help me to balance.  
Change direction while moving.  
Stop and change direction to avoid bumping into others.

### Reception Knowledge








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

Name more than two body parts which I can use to balance.  
Use my arms automatically to help me to balance.  
Change direction while balancing.  
Stop and change direction with clear awareness of space and direction.

#### What I will do:

Physical Skills	<ul style="list-style-type: none"> <li>Hopping</li> <li>Galloping</li> <li>Skipping</li> <li>Sliding</li> <li>Jumping</li> <li>Changing direction</li> <li>Balancing</li> <li>Running</li> </ul>
Social skills	<ul style="list-style-type: none"> <li>Work with others</li> </ul>
Emotional skills	<ul style="list-style-type: none"> <li>Challenge myself</li> </ul>
Thinking skills	<ul style="list-style-type: none"> <li>Choose actions</li> </ul>

#### Vocabulary I will know:

run		space	
safely		jump	
hop		direction	
stop		listen	