

# EYFS LEARNING IN PE KNOWLEDGE ORGANISER

Healthy Living Sub-Area: Managing Self

we can live long and happy lives.

running, playing sports, cycling or swimming.

carrots, lettuce, sweetcorn)

Safety Sub-Area: Managing Self

# **Physical Development**

# 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' 'Personal Social and Emotional' and 'Expressive Arts and Design' learning areas.



Physical Development		things that we do. We should take a				
	• •	smaller, if we can.	We should avoid i			
		Exp				
-When climbing <u>up stairs</u> , steps or clir	nbing equipment,					
we need to <u>alternate feet</u> (change v	which foot leads)					
-When moving down stairs, steps or cli	mbing equipment,	B B				
we can still put <u>two feet or</u>	n a step.	C 4 %	Using Your			
-Sports Equipment: the things that w	e play sports with.	🔅 🐨 🗸 🕤	Imagination			
		*	Sub-Area: Being			
			Imaginative and Expressive			
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	_		Dancing and			
-When we are <u>running</u> , we can change <u>speed (how fast</u> <u>we run)</u> and <u>direction (where we run to).</u> 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.			Moving			
			Sub-Area: Being Imaginative and Expressive			
				Movements		
					<ul> <li>In PE, we learn to move in lots of ditting movements at the bottom of the move over, under, around, and "When climbing up stairs, steps or climic we need to alternate feet (change of "When moving down stairs, steps or climic we can still put two feet or "When moving down stairs, steps or climic we can still put two feet or "When moving down stairs, steps or climic we can still put two feet or "When moving down stairs, steps or climic we can still put two feet or "Sports Equipment: the things that we Different equipment is used for different equipment equipment is used for different equipment e</li></ul>	<ul> <li>-In PE, we learn to move in lots of different ways (see the movements at the bottom of the page).</li> <li>-We can move over, under, around, and through things.</li> <li>-When climbing up stairs, steps or climbing equipment, we need to alternate feet (change which foot leads)</li> <li>-When moving down stairs, steps or climbing equipment, we can still put two feet on a step.</li> <li>-Sports Equipment: the things that we play sports with. Different equipment is used for different sports.</li> <li>-You should learn which sport the equipment is for, and what it is used for. You should be beginning to learn how to use each piece of equipment properly.</li> <li>Football Tennis Ball Basketball Hockey Stick Tennis Racquet Golf Club Hula Hoop Whistle Skipping Rope Bean Bag Net Posts Flags</li> <li>-When we are running, we can change speed (how fast we run) and direction (where we 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.</li> </ul>

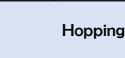
Running







Skipping



Rolling



**Key Vocabulary** -It is important to stay healthy so that we feel good, and Physical -One way to stay fit and healthy is to eat healthy foods, Sport for example fruit (e.g. apples, grapes, strawberries) and vegetables (e.g. Healthy Exercise -Another way to stay fit and healthy is to exercise, e.g. 3 Run -It is also important to make sure that we get enough sleep (10-12 hours for 4-5 year olds) and that we are hygienic (see below). Jump Movement -Safety is about protecting ourselves from danger or harm. -It is important that we always think about the risks of the Safetv ould take action to make the risks ould avoid things if they are too risky. Dance

## **Expressive Arts and Design**

-Using your imagination is about having new ideas! -When using our imaginations, 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.

-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.



