

Year 1
Autumn 1

Manor Leas Infant School Knowledge Organiser

Physical Education

Fundamentals



Star Words	Definition
Fast	Moving quickly, like when you run or sprint.
Slow	Moving gently and not quickly, like walking slowly.
Hop	Jumping off the ground on one foot, then swapping feet to keep going.
Direction	The way I move (forwards, backwards, left, right).
Land safely	Bending knees and keeping balance when I come back down.

Sticky Knowledge

Children will develop their running, jumping, hopping, skipping and balancing. They will learn how to control their movements, change speed and direction, and use space safely when working with others.



Swing my arms when I run



Bend my knees when I land



Use one foot to hop and swap feet



Skip by hopping then stepping in a pattern

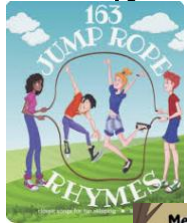


Looking ahead helps me balance



Changing direction helps me to find space

Helpful Books



Meet Jumping Jalani



Home Learning Ideas

Skipping Challenges

What you need: a skipping rope or a dressing gown rope (tie two together to make it longer)

- Challenge 1:** How many skips can you complete in a row?
- Challenge 2:** Can you skip 5 times on your right foot and then 5 times on your left foot?
- Challenge 3:** Can you skip with high knees, one foot and then the other?
- Challenge 4:** Can you skip stars? Jump with feet together on the first turn of the rope and then spread your feet apart on the second.
- Challenge 5:** Can you skip backwards?

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Helpful Websites

Head to the youtube channel to watch the skills videos for this unit.

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