

Year 1
Autumn 2

Manor Leas Infant School Knowledge Organiser

Physical Education

Fitness



Star Words	Definition
Agility	Moving and changing direction quickly.
Coordination	Using different parts of your body at the same time.
Exercise	Moving your body to help it stay strong and healthy.
Healthy	When your body feels good and full of energy.

Sticky Knowledge

In fitness you will learn to develop your understanding of the benefits of exercise and a healthy lifestyle on your physical body, your mood and your overall health. You will develop balance, agility and coordination..



Bend your knees to change direction.



Look ahead to help you balance.



Use opposite arm to leg when you move.



Swing your arms to help you run faster.

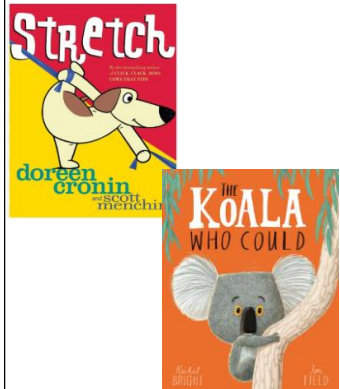


Exercise helps me become stronger.



When I move for a long time, I feel hot and breathe faster.

Helpful Books



Home Learning Ideas

What's the Time Mr Wolf?

What you need: 2 or more people

How to play:

- One person begins as 'Mr Wolf' and starts facing away from everyone else approx. 8m away.
- Everyone asks 'What's the time Mr Wolf?' Mr Wolf calls out a time.
- Whatever time is called is the number of steps you are allowed to take towards Mr Wolf.
- If Mr Wolf calls 'dinner time', everyone must run away from Mr Wolf.
- Whoever is caught returns to the start line.
- The winner is the player who touches Mr Wolf.

www.getset4education.co.uk

Helpful Websites

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

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