

EYFS
Autumn 2

Manor Leas Infant School Knowledge Organiser

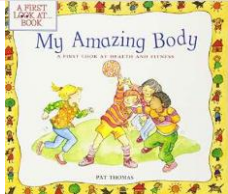
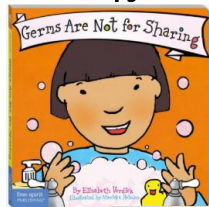
Physical Education

Fitness



Star Words	Definition
Tired	How your body feels after moving for a long time.
Rest	When you stop and let your body recover.
Exercise	Moving your body to stay healthy and strong.
Heart	The part inside your body that beats faster when you run and play.
Breathe	What you do when you take air in and out.

Helpful Books



Home Learning Ideas

Fitness Fun Trail

What you need: A few safe spaces around your home or garden

How to play:

1. Choose five spots and place a small object at each one e.g. teddy, book, cushion.
2. Move to each spot in a different way – run, hop, jump, tiptoe, crawl, or skip!
3. When you reach a spot, touch the object and count to five while balancing on one foot.
4. Keep going until you've visited all the spots – then try going backwards!
5. How long can you keep moving before you need a rest?

Challenge: Can you move for a little longer each time without stopping?

This activity helps you build stamina, balance, and co-ordination while having fun!

www.getset4education.co.uk

Sticky Knowledge

You will explore how your body moves and begin to understand the importance of being active. You will develop basic fitness skills by moving in different ways, changing direction, and finding space safely. You will practise balancing, running, jumping, and holding your body weight in different positions. You will start to build strength, coordination, and stamina, learning that moving for a long time can make your body feel warm and your heart beat faster.



Moving into space safely
Keep your eyes up. Find your own space. Change direction.



Balancing with arms out
Look straight ahead. Keep your tummy tight and body still. Use your arms to help.



Running safely
Bend your knees to stop. Swing your arms to move faster. Look where you are going!



Stopping safely
Slow down before you stop. Keep your feet apart. Stay in control.



Holding body weight
Keep your hands under your shoulders and knees under your hips. Feel strong. Try to stay still and count to 5.



Feeling tired after exercise
Notice your breathing getting faster. Keep moving for longer each time. Drink water and rest.

Helpful Websites

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

@getset4education136