

EYFS  
Autumn 1

Manor Leas Infant School Knowledge Organiser

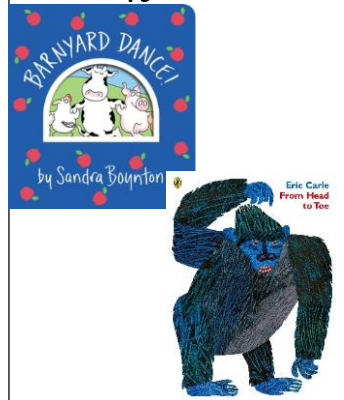
Physical Education

Fundamentals



Star Words	Definition
Run	Moving quickly using big steps. I can stop safely by taking small steps.
Jump	Pushing off the ground with my feet and landing safely on both feet.
Skip	A pattern of a hop and a step, using opposite arm and leg.
Balance	Keeping my body still so I don't wobble, using my arms to help.
Space	The safe area around me where I can move without bumping into others.

### Helpful Books



### Home Learning Ideas

**Traffic Lights**

What you need: an adult to call the instructions

How to play:

- Children imagine they are getting in the car, putting their seatbelt on and holding their steering wheel.
- They complete the instructions said by the adult e.g.
  - Green light: jog around
  - Red light: stop
  - Yellow light: sit down
  - Roundabout: spin a circle
  - Speed bumps: jump up and down
  - Zebra crossing: lie in a straight shape
  - Reverse: walk backwards

Have a go at making up your own. You could even include different gears for different speeds.

### Helpful Websites

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

@getset4education136

### Sticky Knowledge

Children will learn to run, jump, hop, skip and balance safely. They will practise moving in space, landing on two feet, and keeping steady when standing still or moving.



I know to use big steps to run and small steps stop



I know to bend my knees to land safely



I know to hold my arms out to help me balance



I know to look forward when I hop



Skipping is a hop and a step