

EYFS
Summer 1

Manor Leas Infant School Knowledge Organiser

Physical Education

Athletics



Star Words	Definition
Run	Moving fast on your feet.
Jump	Pushing off the ground with your feet.
Throw	Sending an object with your hand.
Fast	Moving quickly.
Slow	Moving gently or carefully.

Helpful Books



Home Learning Ideas

Home Learning: Athletics (EYFS)

What you need:

- A small ball or beanbag, some markers (toys, cones, cushions) and space to play.

How to play:

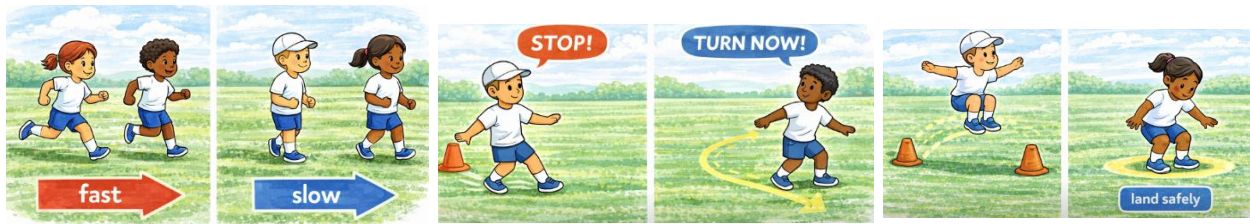
- Running:** Run to a marker and back. Try fast and slow speeds.
- Jumping:** Jump over a toy or cushion. Land on two feet and stay still.
- Hopping:** Hop on one foot, then swap feet.
- Throwing:** Throw a ball or beanbag into a hoop, basket or hole.
- Taking turns:** Play with someone else and take turns each time.

Challenge: Can you complete all the activities and make your own mini Sports Day?

Top tip: Encourage your child to move safely, take turns and try their best.

Sticky Knowledge

In this unit, children will explore running, jumping and throwing. They will move at different speeds, jump in different ways and throw objects towards a target. Children will practise balancing, changing direction and using space safely. They will take turns, follow simple rules and begin to improve their skills through fun activities.



I can run fast and slow.
Move your arms to help you run.
Look where you are going.

I can stop and change direction safely.
Slow down to stop.
Watch where you are going.

I can jump and land safely.
Bend your knees when you land.
Land on two feet.



I can hop and jump in different ways.
Try jumping on one foot.
Try jumping forwards.



I can throw an object.
Look where you are throwing.
Swing your arm forward.



I can take turns and follow rules.
Wait for your turn.
Be safe when moving.

Helpful Websites

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

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