



EASTRY C OF E PRIMARY SCHOOL KNOWLEDGE ORGANISERS



YEAR GROUP	1
SUBJECT	PE
KEY VOCABULARY	Balance, throw, jump, transition, speed, direction, underarm, overarm, movement, unison, space, dribble, travelling, sending, receiving, bouncing, rolling, movement, rhythm, performance, curling, stretching, striking, forwards, backwards, sideways, control, stride, skipping, relay, target, passing
END POINTS KNOWLEDGE	<p>I know how to change speed and direction whilst running.</p> <p>I know how to jump from a standing position with accuracy and stability.</p> <p>I know how to perform a variety of throws with control and co-ordination.</p> <p>I know how to prepare for throwing events.</p> <p>I know how to use equipment safely.</p> <p>I know how to copy and explore basic movements and body patterns.</p> <p>I can remember simple movements and dance steps.</p> <p>I can link movements to sounds and music and use movements to communicate feelings.</p> <p>I know how to travel in a variety of ways including running and jumping.</p> <p>I know how to perform a range of throws (Underarm and overarm) and passes.</p> <p>I know how to participate in simple games.</p> <p>I am beginning to develop spatial awareness and hand-eye co-ordination.</p> <p>I know how to copy and explore basic movements with some control and co-ordination.</p> <p>I know how to perform different body shapes.</p> <p>I can perform a 2 footed jump showing balance and can balance with some control.</p> <p>I know and can link 2 movements with simple transitions.</p>
IT HELPS IF I ALREADY KNOW	<p>I know how to dress myself.</p> <p>I know when I need to go to the toilet and can manage this independently.</p> <p>I know how to safely wash my hands.</p> <p>I know how to make healthy choices regarding food.</p> <p>I know why it is important to look after my teeth.</p> <p>I know how to hop.</p>



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I know how to skip.

I know how to stand on one leg.

I know how to perform gross motor movements (with streamers, paint, rolling, crawling, running, hopping, climbing)

I know how to take part in team games.

I know how to combine movements.

I know a range of ball skills (throwing, catching, kicking, passing, batting, and aiming)