



Knowledge Organiser: Fundamentals: Unit 1 EYFS

Topic: All about me

Key Skills: Physical

- Balancing
- Running
- Jumping
- Changing direction
- Hopping
- Travelling



Key Skills: S.E.T

- Social: Working safely
- Social: Responsibility
- Social: Helping others
- Emotional: Honesty
- Emotional: Challenging myself
- Emotional: Determination
- Thinking: Decision making
- Thinking: Selecting and applying actions
- Thinking: Using tactics

Teacher Glossary

Balance: The ability to maintain stability when stationary (static balance) or when moving (dynamic balance).

Jump: Take off and land on two feet.

Hop: Take off on one foot and land on the same foot.

Safe space: Space away from other people and objects.

Travelling action: Run, hop, jump, side step, skip, gallop etc.

Where this unit sits Assessment Criteria

Nursery

- I am beginning to negotiate space safely.
- I play games honestly guided by rules with support.
- I am building my confidence to try new challenges.
- I follow instructions with support.
- I can explore movement skills, beginning to demonstrate balance and co-ordination when playing games.
- I am beginning to take turns with others.

Reception

- I can negotiate space safely with consideration for myself and others.
- I play games honestly with consideration of the rules.
- I am confident to try new challenges.
- I follow instructions involving several ideas or actions.
- I use movement skills with developing balance and co-ordination when playing games.
- I play co-operatively, take turns and encourage others.

Key Vocabulary:

- run
- safely
- space
- jump
- hop
- direction
- stop
- listen



Activities that this unit progresses into:

Fundamentals Unit 2
All KS1 activities