



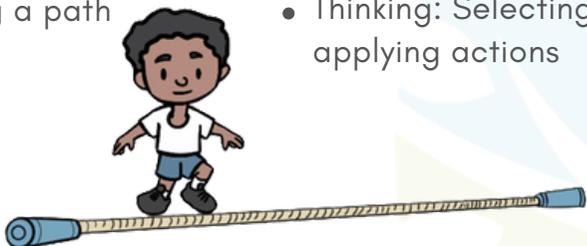
Get Set 4  
Education

# Knowledge Organiser: Introduction to PE: Unit 1 EYFS

## Topic: Fantasy and Adventure

### Key Skills: Physical

- Moving safely
- Running
- Jumping
- Throwing
- Catching
- Following a path



### Key Skills: S.E.T

- Social: Sharing
- Social: Leadership
- Emotional: Perseverance
- Emotional: Confidence
- Thinking: Decision making
- Thinking: Selecting and applying actions

### Teacher Glossary

**Safe space:** Space away from other people and objects.

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

**Stop with control:** Stop in a balanced position on your feet by bending your knees and putting weight into your heels.

**Jump:** Take off and land with two feet.

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

### Key Vocabulary:

- follow
- team
- space
- travel
- share
- safely
- path
- listen

## Where this unit sits

### Assessment Criteria

#### Nursery

- I can explore movement skills.
- I can make guided choices.
- I follow instructions with support.
- I am beginning to negotiate space safely.
- I am beginning to demonstrate balance.
- I am beginning to take turns with others.

#### Reception

- I use movement skills with developing balance and co-ordination.
- I can make independent choices.
- I follow instructions involving several ideas or actions.
- I can negotiate space safely with consideration for myself and others.
- I can demonstrate balance.
- I play co-operatively and take turns with others.



**Activities that  
this unit progresses into:**

**Introduction to PE: Unit 2**

**Team Games**

**Team Building**

**OAA**

