

Key words

Run- Move at speed.

Jump- To push yourself into the air.

Catch- To hold something that has been thrown.

Kick- To strike with the foot.

Throw- To throw with force through the air.

Agility- To move quickly and easily.

Balance- To remain steady.

Co-ordination- To use different body parts together smoothly and efficiently.

How their bodies feel

I understand that exercise is important for good health and that my muscles will become harder when tensed or stretched.

PE Knowledge Organiser



Games

Games

Games will develop fundamental movement skills. It will allow the children opportunities to extend their agility, balance and co-ordination.

Develop and master the skill of basic movement e.g. running, jumping, throwing and catching.



Running



Jumping



Throwing



Catching