



Get Set 4
Education

Knowledge Organiser

Introduction to PE Unit 1

Nursery/Reception

About this Unit

In this unit children will be introduced to Physical Education and structured movement through the topic of 'fantasy and adventure'.

They will spend time learning basic principles of a PE lesson such as finding space, freezing on command, using and sharing equipment and working individually, with a partner and group. They will take part in activities which will develop fundamental movement skills such as running, jumping, skipping.

Witches and Wizards

Witches and wizards wear pointy hats,
Witches make potions and have magic cats.
Witches climb upon their magic brooms,
And fly high and low with a va va vroom!
Wizards stand tall in their long dark cloaks,
And can vanish before you in a puff of smoke.
Wizards have powerful wands to cast spells,
'Abracadabra' they loudly yell.
I wonder if we could see,
Just how fun being wizards and witches could be.

Ladder Knowledge



Problem Solving:

Children will learn to make simple decisions in response to a task.

Navigational Skills:

Children will learn that moving into space away from others and leaving a gap when following a path will help to keep them safe.

Communication:

Children will learn that talking with a partner will help them to solve challenges e.g. 'let's go to the green hoop next'.

Reflection:

Children will begin to identify when they are successful.

Rules:

Children will learn that rules help to keep us safe.

Personal, Social and Emotional

This unit will develop the following skills:

Social share, communication, work safely, co-operation, leadership
Emotional independence, perseverance, confidence
Thinking select and apply actions, comprehension, reflection, make decisions



Physical Development

Physical Skills

- run
- jump
- hop
- skip
- balance
- crawl

Children will be taught to:

- Move around safely and with control.
- Have an awareness of others and items in the teaching space.
- Take turns when instructed.
- To store equipment safely when not in use.



Communication and Language



Key Vocabulary

avoid	freeze	space
backwards	safe	stop
forwards	sideways	partner

If children enjoy this unit why not see if there is a multi sports club in their area.



This unit will help children to:

- change direction
- balance
- move different body parts at the same time
- be faster
- move for longer

Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Grandmother's Footsteps!



What you need: three or more people

How to play:

- One person begins as the 'Grandmother', facing away from the others at the other end of the space.
- All other players begin behind a marker which shows the start line.
- Grandmother says 'go' and players try to creep up to the Grandmother without being heard.
- If the Grandmother turns around, everyone must freeze. If the Grandmother sees anyone move, they get sent back to the start.
- When the Grandmother turns away, everyone is allowed to creep again.
- The first person to get to the Grandmother wins the game and starts as the Grandmother in the next round.

www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit.



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