

Knowledge Organiser Introduction to PE Unit 1 Nursery/Reception

Ladder Knowledge

Problem Solvina:

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 Children will beain to learn that identify when rules help to they are keep us safe. successful.

Rules:

About this Unit

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

Theu will spend time learning basic principles of a PE lesson such as findina space, freezing on command, using and sharina eauipment 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 pointu 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



This unit will develop the following skills:

share, communication, work safely, co-operation,

Emotional independence, perseverance, confidence

Thinking

Social

select and apply actions, comprehension, reflection, make decisions



Physical Development

Physical Skills

- run skip
- balance • iump
- crawl hop

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.



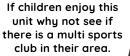
Communication and Language

Key Vocabulary

avoid freeze space

backwards safe stop

forwards sideways partner





This unit will help children to:

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

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

- 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
- · 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 aet 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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