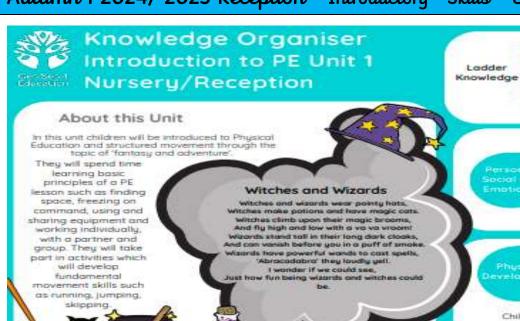


PE - Knowledge Organiser

Ladder

Autumn 1 2024/2025 Reception - Introductory - Skills - Unit 1



Problem Solving:

Children will lectors to morker simple decisions in response to a

Navigational Skills:

Children will learn that moving into space away from others and leaving a gap when following a poth 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

Children will learn that railes help to keep us safe.

Rules:

This unit will develop the following skills:

share, communication, work safely, co-operation,

Emotional independence, perseverance, confidence

select and apply actions, comprehension, Thinking reflection, make decisions



Phusical Skills

- · run
- balance
- · 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



This unit will help children to:

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

Find more games that develop these skills i 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 'Brandmather', facing giegy from the others at the other end of the space.
- · All other players begin behind a marker which shows the start live.
- · Orandmother says 'go' and players try to areap up
- to the Grandmother without being heard.
- . If the Grandmither turns cround, everyone must freeze: If the Grandmatter sees anyone more, they get sent back to the start
- . When the Grandmother turns away, everyone is allowed to creep agen.
- . The first person to get to the Grandmather with the game and starts as the Grandmother in the most

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





sideways

forwards

Powerful Knowledge

Key Vocabulary

partner

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