




# PE - Knowledge Organiser


## Spring 2 – Reception – Fundamentals Unit 1




### Knowledge Organiser Fundamentals Unit 1 Nursery/Reception

#### About this Unit


Children will develop their fundamental movement skills through the topic of 'all about me'. Fundamental skills will include balancing, running, changing direction, jumping, hopping and travelling. Children will develop gross motor skills through a range of activities. They will learn how to stay safe using space, follow rules and instructions and work independently and with a partner.




eyes




ears



mouth



nose



fingertips

#### Physical Skills

- run
- balance
- change direction
- jump
- hop
- travel

#### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

#### Walk the plank

**What you need:** dressing gown, ropes and 2x ball of socks

**How to play:**

- Challenge 1: Can you walk the plank without touching the floor? Now try walking backwards.
- Challenge 2: Can you walk the plank whilst balancing a ball of socks on your head?
- Challenge 3: Can you walk the plank whilst throwing and catching a ball of socks, to yourself or to and from a partner?
- Challenge 4: Can you walk the plank whilst balancing the ball of socks on your head and throwing and catching with the other pair of socks?
- Challenge 5: Can you walk the plank whilst throwing and catching one pair of socks in one hand to yourself, whilst throwing and catching the other pair of socks with a partner?

#### Communication and Language

balance	jump	space
bend	land	stop
direction	run	travel
hop	safe	

#### Personal, Social and Emotional

This unit will develop the following skills:

- Social** support others, work safely, take turns
- Emotional** honesty, determination
- Thinking** decision making, comprehension, select and apply

#### Physical Development

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.

#### Ladder Knowledge

**Running:** Children will learn to use big steps to run and small steps to stop. They will also learn that moving into space away from others helps to keep them safe.

**Balancing:** Children will learn to hold their arms out to help them to balance.

**Jumping:** Children will learn that bending their knees will help them to land safely.

**Hopping:** Children will learn that if they hop they will use one foot.

**Skipping:** Children will learn that if they hop then step that will help them to use skipping as a travelling action.

**Powerful Knowledge**

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

Head to our youtube channel to watch the skills videos for this unit. [@getset4education136](#)