

# Reception P.E. knowledge organiser – Spring 1

## Cognitive skills

I can follow simple instructions.

I can name some things I am good at.

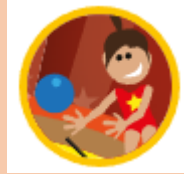
I can understand and follow simple rules.

## Themes

Train adventure



Line out



Park life



## Fundamental movement skills

Dynamic balance

The ability to remain standing and stable while performing movements or actions.

Static balance

The ability to remain stationary.

## Key Vocabulary

Rotation	Moving on an axis.
Circuit	Travelling from place to place.
Stance	A way of standing or being placed.
Instruction	A command.
Opposite	The reverse direction.
Forward	The direction in front of you.
Backwards	The direction behind you.
Throw	Sending something in the air using a forward motion.
Rules	A principle or guide to follow.