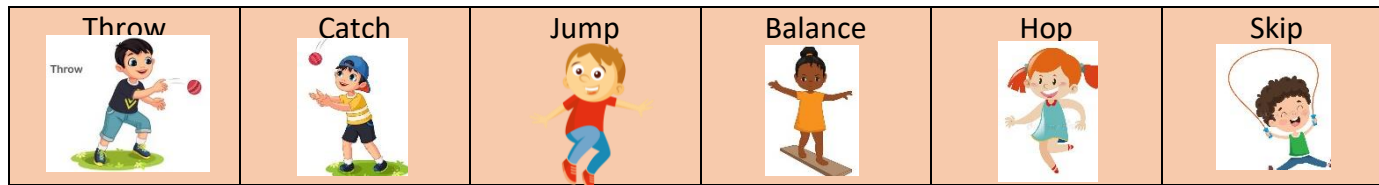


# Reception PE knowledge organiser

Physical Development	
Basic movement	Running, crawling, jumping, shuffling, skipping, hopping, rolling, sliding
Equipment	Small balls, large balls, rackets, goals, cones, special spots, football
Fine motor skills	Holding a pencil, scissors, paint brushes, cutlery



Healthy lifestyle	
Healthy eating	Understanding the importance of eating healthy foods.
Lifestyle habits	Be confident to try new activities and show independence, resilience and perseverance in the face of challenges.
Mental wellbeing	Showing an understanding of their own feelings and those of others. Being able to regulate their emotions and behaviour accordingly.

Key Vocabulary	
Forward	In the direction that you are facing
Backward	In the direction opposite to that you are facing
Control	The power used to direct something
Kick	Strike using your foot
Roll	Move in a direction by turning over and over
Movement	The act of moving
Instruction	An order or direction
Speed	The rate at which something or someone is moving
Return	Going back to where you were
Negotiate	Find a way through or over
Apparatus	Equipment needed for an activity
Over arm	Arm lifted over the head
Under arm	Arm lifted below the head
Health	Being free from illness or injury

