

# Year 1 P.E. knowledge organiser – Spring 1

## Physical skills

I can move confidently in different ways.

I can perform a small range of skills and link two movements together.

I can perform a sequence of movements with some changes in level, direction or speed.

### Themes

Train adventure



Toy box



Park life



## Gym skills

Dynamic balance	The ability to remain standing and stable while performing movements or actions.
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Static balance	The ability to remain stationary.
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## Key Vocabulary

Rotation	Moving on an axis.
Balance	Being steady in body or mind.
Stance	A way of standing or being placed.
Instruction	A command.
Swing	To cause to move back and forth around a point.
Still	No movement.
Shoulder width	Part of the human body between the neck and the upper arm.
Performance	A presentation before an audience.
Rules	A principle or guide to follow.