



Key Vocabulary

Overview

Physical
Sport
Healthy
Exercise
Run



Physical Education

-In Physical Education, we learn about and take part in physical activities and sports.

-‘Physical’ means things we do with our bodies.

-PE helps us to stay physically fit and healthy, and teaches us how to play different sports.

In EYFS, early PE knowledge is based within the ‘Physical Development’ and ‘Expressive Arts and Design’ learning areas.



Physical Development

Jump
Movement
Safety
Dance

Healthy Living Sub-Area: Health and Self-Care

-It is important to stay healthy so that we feel good, and we can live long and happy lives.

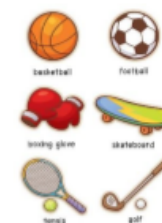
-One way to stay fit and healthy is to eat healthy foods, for example fruit (e.g. apples, grapes, strawberries) and vegetables (e.g. carrots, lettuce, sweetcorn)



Basic Movements
Sub-Area: Moving and Handling

-In PE, we learn to move in lots of different ways (see the movements at the bottom of the page).
-We can move over, under, around, and through things.
-When climbing up stairs, steps or climbing equipment, we need to alternate feet (change which foot leads)
-When moving down stairs, steps or climbing equipment, we can still put two feet on a step.

-Another way to stay fit and healthy is to exercise, e.g. running, playing sports, cycling or swimming.
-It is also important to make sure that we get enough sleep (10-12 hours for 4-5 year olds) and that we are hygienic (see below).



Using Equipment
Sub-Area: Moving and Handling

-Sports Equipment: the things that we play sports with. Different equipment is used for different sports.
-You should learn which sport the equipment is for, and what it is used for. You should be beginning to learn how to use each piece of equipment properly.
Football Tennis Ball Basketball Hockey Stick
Tennis Racquet Golf Club Hula Hoop Whistle
Skipping Rope Bean Bag Net Posts Flags

Safety Sub-Area: Health and Self-Care

-Safety is about protecting ourselves from danger or harm.
-It is important that we always think about the risks of the things that we do. We should take action to make the risks smaller, if we can. We should avoid things if they are too risky.



Running and Jumping
Sub-Area: Moving and Handling

-When we are running, we can change speed (how fast we run) and direction (where we run to). This helps us to stay in space and to make sure that we don't crash!
When we are jumping, we should bend our knees for extra height! We should land on both feet, and bend our knees to cushion the fall.

Expressive Arts and Design



Using Your Imagination

Sub-Area: Being Imaginative

- Using your imagination is about having new ideas!
- When using our imaginations, we can make things that are fun, new and interesting. We can also show emotions (feelings) and copy movements (e.g. a cat, a box).
- In PE, our imagination can help us to create interesting dances, think up new games and sports, and find new ways to exercise.



Dancing and Moving

Sub-Area: Being Imaginative

- When we dance, we use our bodies to move to the sound of music.
- We can move some parts of our bodies to create sounds along to the beat, for example stamping our feet and clapping our hands.
- We can repeat some movements in a pattern, in order to create dance sequences. We can also dance to show emotions and copy movements.