# EYFS - PE

# Fundamental Movement Skills - Knowledge Mat

| Subject Specific Vocabulary | |
|---|---|
| **Throw** | Propel (something) with force through the air by a movement of the arm and hand. |
| **Catch** | To grab and hold a thrown ball/object before it hits the ground |
| **Hop** | To jump and land using one foot only. |
| **Jump** | To push off from a surface into the air using two feet. |
| **Kick** | Strike a ball forcibly with the foot. |

## At the end of this topic I will be able to:

Develop basic movements including running, throwing and catching

## Crucial Connections

https://www.youtube.com/watch?v=ICbt65ZwKjs

https://www.youtube.com/watch?v=Otosd24WN2Y

https://www.youtube.com/watch?v=R8VABKvS3c0

## Sticky Knowledge

**I can** attempt to hop with alternate feet

**I can** jump with two feet

**I can** land from a jump with two feet together

**I can** kick a range of balls

**I can** throw an object towards a given target

**I can** attempt to catch a selection of objects

**I can** walk backwards safely around obstacles




## Aspirations

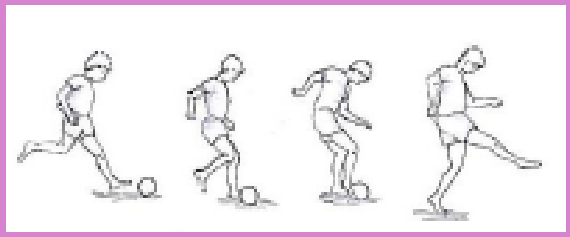
PE teacher

Athlete

## Related Examples







**Jumping, Hopping, Kicking**