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

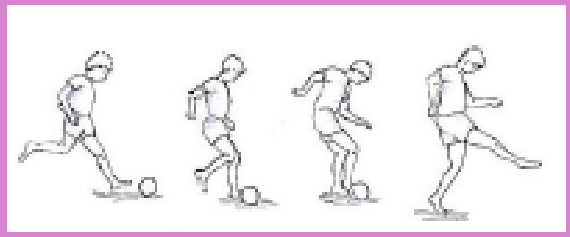
PE teacher

Athlete

Related Examples







Jumping, Hopping, Kicking