EYFS - Physical Education

Athletics Knowledge Mat

Subject Specific Vocabulary	
Throw	Propel (something) with force through the air by a movement of the arm and hand.
Hop	To jump and land using one foot only.
Jump	To push off from a surface into the air using two feet.
Safely	To practise a skill without causing harm or injury to ourselves or others.
Speed	The rate at which a person moves to cover a distance
Direction	A pathway at which a person can move along.
Straight line	To move in one direction only, without bending or curving.
Obstacles	An object that blocks one's way to prevent moving past.

Sticky Knowledge

I can throw an object towards a target

I can hop

I can jump with two feet

I can run in a straight line

I can travel backwards safely around obstacles

I can change speed/direction to avoid obstacles

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

Develop basic movements including running, throwing and catching and participate in simple games

Aspirations

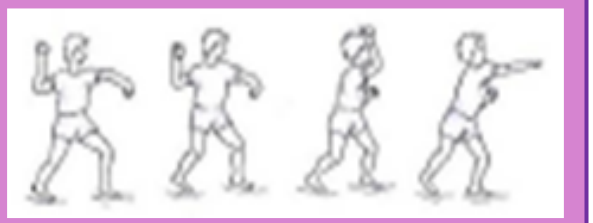
Athlete
Sports Coach
PE teacher

Related examples









Crucial Connections

https://www.youtube.com/watch?v=1f_vpla_87E

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



