KNOWLEDGE ORGANISER

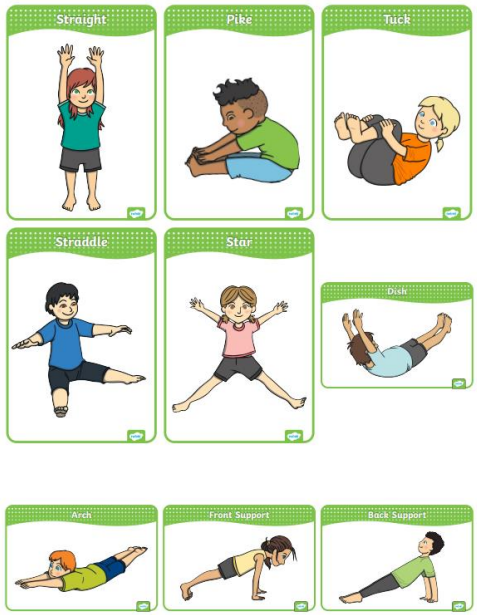
PHYSICAL EDUCATION (P.E.)	SEQUENCE AND MOVEMENT	KEY STAGE 1

Cross curricular links

Science: Learning about how the body moves and the importance of looking after yourself through warming up, cooling down, stretching and staying active.

PSHE: Understanding that exercise can improve your physical and mental health.

Pictures/photos relevant to topic



Key skills

Perform basic body movements individual and in combination

Choose and link similar actions

Remember and repeat simple movement patterns

Link a range of actions and movements to complete sequence of movements

Choose different movements with different dynamic qualities to make sequence that expresses an idea, mood or feeling

Key Vocabulary/definitions

Warm-up: Prepare for a physical activity or a performance by exercising or practising gently beforehand.

Cool-down: To continue to exercise gently to prevent injury after you have done more difficult exercises.

Balance: An even distribution of weight on a point or more to hold a position

Coordination: The ability to use different parts of the body together smoothly and efficiently.

Agility: The ability to move quickly and easily.

Rhythmic: A strong, regular repeated pattern of movement or sound.

Key facts

Can you choose a piece of music at home and perform your own sequence of movements we have learnt in PE?