KNOWLEDGE ORGANISER

PHYSICAL EDUCATION (P.E.)	SPEED, AGILITY AND QUICKNESS	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.

Pictures/photos relevant to topic

Key skills

Show balance and co-ordination when running at different speeds.

Link running and jumping movements with some control and balance.

Jump leap and hop; choosing which allows them to jump the furthest.

Show some control and balance when travelling at different speeds.

Begin to show balance and coordination when changing direction.

Perform actions with control when co-ordinating their body with and without equipment.

Key Vocabulary/definitions

Stamina: The ability to sustain prolonged physical activity.

Breathing techniques: Breathing in a controlled way to prolong fitness ability.

Direction: A course along which someone or something moves.

Control: Doing an activity with a careful and precise movement.

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.

Key facts

Yoga is a great way to stay active and practice fundamental movement skills such as balance! Try the activities on this website: https://kumarahyoga.com/how-to-start-practicing-yoga-with-kids-at-home/

If you're looking for different ways to practice fundamental movement skills at home, this website has lots of ideas to help: https://activeforlife.com/easy-activities-to-help-kids-master-movement-skills-on-land/