










KNOWLEDGE ORGANISER

PE	FUNDAMENTAL MOVEMENT SKILLS		KS1
Cross curricular links	Key skills	Key Vocabulary/definitions	
<p>Science – Learning about how the body moves and the importance of looking after yourself through warming up, cooling down, stretching and staying active.</p>	<p>Show balance and co-ordination when running at different speeds</p> <p>Link running and jumping movements with some control and balance</p> <p>Jump leap and hop- choosing with allows them to jump the furthest</p> <p>Show some control and balance when travelling at different speeds</p> <p>Begin to show balance and coordination when changing direction</p> <p>Perform actions with control when co-ordinating their body with and without equipment</p>	<p>Stamina - The ability to sustain prolonged physical.</p> <p>Breathing techniques – Breathing in a controlled way to prolong fitness ability.</p> <p>Direction - A course along which someone or something moves.</p> <p>Control – Doing an activity with a careful and precise movement.</p> <p>Warm up - Prepare for a physical activity or a performance by exercising or practising gently beforehand.</p> <p>Cool down - To continue to exercise gently to prevent injury after you have done more difficult exercises.</p>	
Pictures/photos relevant to topic			
<div style="display: flex; flex-wrap: wrap; gap: 10px;"> <div style="text-align: center;">  <p>running</p> </div> <div style="text-align: center;">  <p>jumping</p> </div> <div style="text-align: center;">  <p>coordination</p> </div> <div style="text-align: center;">  <p>balance</p> </div> <div style="text-align: center;">  <p>agility</p> </div> <div style="text-align: center;">  <p>throwing</p> </div> <div style="text-align: center;">  <p>catching</p> </div> </div>	<div style="text-align: center; background-color: #ff0000; color: white; padding: 5px; font-weight: bold;">Key facts</div> <p>https://kumarahyoga.com/how-to-start-practicing-yoga-with-kids-at-home/ - Yoga is a great way to stay active and practice fundamental movement skills such as balance!</p> <p>https://activeforlife.com/easy-activities-to-help-kids-master-movement-skills-on-land/ - If you're looking for different ways to practice fundamental movement skills at home, this website has lots of ideas to help.</p>		