



Get Set 4  
Education

# Knowledge Organiser

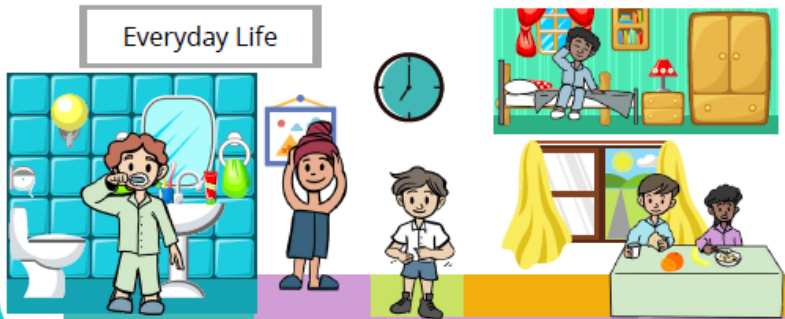
## Introduction to PE Unit 2

### Nursery/Reception

#### About this Unit

In this unit children will be introduced to Physical Education and structured movement through the topic of 'everyday life'. They will spend time learning basic principles of a PE lesson such as safely using space, stopping safely, using and sharing equipment and working individually, with a partner and group. They will take part in activities which will develop fundamental movement skills such as running, jumping and skipping. Children will also play simple games and begin to understand and use rules.

#### Everyday Life



#### Communication and Language

#### Key Vocabulary

catch	path	score
direction	rules	space
partner	safely	stop

If children enjoy this unit why not see if there is a multi sports club in their area.



Children will be taught to:

- Move around safely and with control.
- Have an awareness of others and items in the teaching space.
- Take turns when instructed.
- To store equipment safely when not in use.

#### This unit will help children to:

- change direction
- balance
- move different body parts at the same time
- be faster
- move for longer

#### Ladder Knowledge



#### Problem Solving:

Children will learn to make simple decisions in response to a task.

#### Navigational Skills:

Children will learn that moving into space away from others and leaving a gap when following a path will help to keep them safe.

#### Communication:

Children will learn that talking with a partner will help them to solve challenges e.g. 'let's go to the green hoop next'.

#### Reflection:

Children will begin to identify when they are successful.

#### Rules:

Children will learn that rules help to keep us safe.

#### Personal, Social and Emotional

#### This unit will develop the following skills:

#### Social

work safely, co-operation, support others, communication

#### Emotional

honesty, confidence, perseverance, determination

#### Thinking

comprehension, make decisions, creativity



#### Physical Skills

- run
- jump
- throw
- catch
- roll
- skip

#### Physical Development

#### Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



#### Find Three Things



What you need: two or more people

#### How to play:

- One person says 'find three things that are.... blue.' etc.
- The other person then has to collect three things that are blue and bring them back.
- Make this harder by timing the player to see how long it takes them.
- Other things that could be collected include 'find three things that are... spotty, start with the letter 'C', round, soft to touch.'

Play with more people by seeing who can collect the three items first.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit.



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