



# EYFS - Spring 1 - Physical Development Knowledge Organiser

## What I will learn...

To negotiate space safely with consideration for myself and others.

To confidently and safely use a range of large and small apparatus.

To combine movements, selecting actions in response to the task and apparatus.

To use movement skills with developing strength, balance and co-ordination showing increasing control and grace.

To follow instructions involving several ideas or actions.

To work co-operatively with others and take turns.

To confidently try new challenges.

To know that I can make different shapes with my body.

To know that I should be still when holding a balance.

To know that I can change my body shape to help me to roll.

To know that bending my knees will help me to land safely.

To know that if I hold a shape and count to five people will see it clearly.

## Key Vocabulary

Safe space:	Space away from other people and objects.
Travelling action:	Slide, hop, jump, side step, skip, gallop etc.
Shapes:	E.g. tuck, pike, straddle, dish, arch, star.
Action:	The skill a gymnast uses in their sequence e.g. travel, jump, shape, balance, roll.
Level:	High, medium and low.
Sequence:	A number of actions linked together.



## Making a difference at The Merton

The children will develop their basic **gymnastic** skills through the topic of '**traditional tales**', to include 'Jack and the Beanstalk' and 'Goldilocks and the Three Bears'. Children explore basic movements, creating shapes and balances, jumps and rolls. They begin to develop an awareness of space and how to use it safely. They perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences. They begin to understand using levels and directions when travelling and balancing.

## Making a difference at home

Can you get sponsored for doing as many star jumps as you possibly can in 1 minute?