



# EYFS - Autumn 1 - Physical Development Knowledge Organiser

## What I will learn...

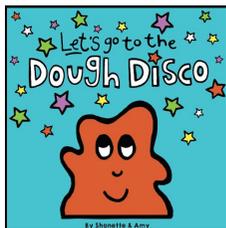
To use movement skills with developing balance and co-ordination. I can make independent choices.

To follow instructions involving several ideas or actions.

To negotiate space safely with consideration for myself and others.

To play co-operatively and take turns with others.

To understand the rules and can explain why it is important to follow them.



## Key Vocabulary

Safe space:	Space away from other people
Travelling action:	Run, hop, jump, side step, skip, gallop etc.
Stop with control:	Stop in a balanced position on your feet by bending your knees and putting weight into your heels.
Jump:	Take off and land with two feet.
Hop:	Take off on one foot and land on the same foot
Dough Disco	A fun activity which combines the use of play dough with a series of hand and finger exercises designed to improve fine muscle control
Squiggle Whilst you Wiggle	Uses dance and large movements to help children develop the fine muscle control they need for writing.



## Making a difference at The Merton

In this unit, children will be introduced to Physical Education and structured movement through the topic of 'everyday life'. Children will be 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.

## Making a difference at home

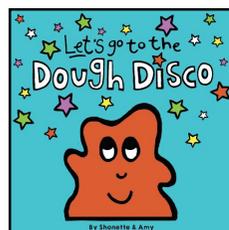
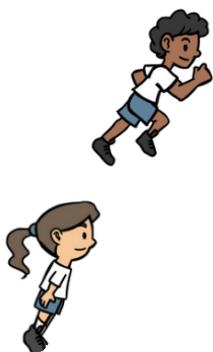
- Continue to use playdough to support children's finger strength and dexterity.
- Encourage the use of writing tools to help children to become confident.
- Practice simple games using the pincer grip.



# EYFS - Autumn 2 - Physical Development Knowledge Organiser

## What I will learn...

- To negotiate space safely with consideration for myself and others.
- To confidently try new challenges, deciding on the skills I use to complete the task.
- To use movement skills with developing balance and co-ordination.
- To follow instructions involving several ideas or actions.
- To play co-operatively, take turns and congratulate others.
- To play games honestly with consideration of the rules.
- To show an understanding of my feelings and can regulate my behaviour.



## Key Vocabulary

Gallop:	To gallop, step forward with a lead leg followed by the trail leg stepping just behind. With a little jump the lead leg moves again.
Balance:	The ability to maintain stability when stationary (static balance) or when moving (dynamic bal-
Jump:	Take off and land on two feet.
Hop:	Take off on one foot and land on the same foot.
Safe space:	Space away from other people and objects.
Travelling action	Run, hop, jump, side step, skip, gallop etc.
Dough Disco	A fun activity which combines the use of play dough with a series of hand and finger exercises designed to improve fine muscle control
Squiggle Whilst you Wiggle	Uses dance and large movements to help children develop the fine muscle control they need for writing.



## Making a difference at The Merton

In this unit children will develop their fundamental movement skills through the topic of 'places and spaces'. Children will develop skills of balancing, running, hopping, jumping, travelling and changing direction. Children will develop fine and gross motor skills, through handling equipment. They will learn how to stay safe using space. They work independently and with a partner to complete tasks.

## Making a difference at home

- Continue to use playdough to support children's finger strength and dexterity.
- Encourage the use of writing tools to help children to become confident.
- Practice simple games using the pincer grip.