



# EYFS - Spring 1 - Physical Development Knowledge Organiser



## What I already know...

How to move with balance and co-ordination. I can make independent choices and follow instructions involving several ideas or actions. I am able to negotiate space safely with consideration for myself and others. I can play co-operatively and take turns with others.

## 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 and beyond

The children will develop their basic gymnastic skills through the topic of *Traditional Tales*, including *Jack and the Beanstalk* and *Goldilocks and the Three Bears*. They will explore fundamental movements such as creating shapes and balances, as well as performing jumps and rolls. Children will begin to develop an awareness of space and how to use it safely, performing basic skills on both the floor and apparatus. They will copy, create, remember, and repeat short sequences, performing these for their peers. As they progress, they will start to understand how to use different levels and directions when travelling and balancing, and will be able to apply these emerging skills through play at home.