

**F1/Nursery:**

Please see knowledge for PE fundamentals

**F2/Reception:**

Please see knowledge for PE fundamentals



PE Knowledge Path

**Athletics**

**Year 1:**

To know that when I run a short distance, I can use bigger strides and a quicker pace.  
To know that when I run a long distance, I need a slower pace.  
To know that when I throw a short distance underarm is most efficient.  
To know that when I throw a long distance overarm is most efficient.  
To know that increasing the swing of my arm will help me to throw the object further.

**Year 2:**

To know that I need to start from a balanced position when jumping.  
To know that I need to throw from a balanced starting position.  
To know that I need to point my hand at the target after the throw to improve accuracy.  
To know that I need to step forward with my opposite foot to my throwing hand.