

F1/Nursery:

- To know that I can balance on one foot.
- To know that holding my arms out will help me balance.
- To know that bending my knees will help me stop.
- To know that I can turn my body to face another direction when moving.
- To know that I can jump and land with soft bent knees.
- To know that I use one foot to hop.
- To know that I use two feet to jump.

F2/Reception:

- To know that squeezing my muscles and keeping my arms wide will help me balance when moving and when stationary.
- To know that moving my arms forwards and backwards will help me run faster.
- To know that I can stop quickly by keeping my chest up and using my arms to balance.
- To know that changing direction will help me avoid others.
- To know that I should bend my knees when I jump and land.
- To know that swinging my arms will help me jump further.
- To know that a leap is jumping from one foot to the other foot.
- To know that galloping is stepping and jumping with a leading leg.
- To know that if I hop then step that will help me to skip.



PE Knowledge Path

Fundamentals

Year 1:

- To know that landing on the balls of my feet will help me to stay balanced.
- To know that I can run on the balls of my feet to help me run quicker.
- To know that I can use the balls of my feet to push off in a new direction.
- To know that swinging my arms upwards will help me to jump up higher.
- To know that focusing on a spot ahead and looking forward will help me to keep balanced.

Year 2:

- To know that I can move my hand from pocket to mouth to help me sprint more efficiently.
- To know that lower knees, bent elbows and lower arms will help me to jog effectively
- To know that I can use different directions and speeds to dodge.
- To know that I can put the weight into the front of my feet to stop in a balanced position.
- To know that I should swing my opposite arm to leg when skipping.