

**F1/Nursery:**

To know that I need to be safe when moving.  
To know that I need to watch other children to avoid them.  
To know I must listen to instructions carefully.  
To know that I must look in the direction I am moving.  
To know that my body can move backwards.  
To know that I need to leave a space between the person I am following.



PE Knowledge Path

**Introduction to PE EYFS**

**Year 1:**

**Year 2:**

**F2/Reception:**

To know that my body feels warmer when I move faster.  
To know that I can move around safely in a space.  
To know that looking over my shoulder when moving backwards will help me stay safe.  
To know that I can use small steps to help me stop safely.  
To know that I need to listen carefully to instructions to know when it is my turn.