

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, use bigger strides will make me have 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.
- To know that bending my knees will help me jump 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.
- To know how to adjust my body when running fast or slow.
- To know that to jump high I need to swing my arms upwards and to jump far I need to swing my arms forward.