

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.