



PE at Killigrew



How can I help?

- Daily walks
- Try to walk, cycle and scoot shorter journeys where possible
- Talk about healthy decisions and choices at home. This can be through healthy meals, sleep patterns and activities.

Places you could visit

Verulamium Park – the splash park and the new play area has excellent climbing frames and facilities to support gross motor skills

Jump Park, Elstree

Gadebridge Park Skatepark

Putt Golf, Watford



PE in Early Years



Physical Development

- In Early Years (EYFS- Nursery and Reception), PE is a part of Physical Development in the Early Years Framework. This is split into two areas: **gross** and **fine** motor.
- **Gross Motor**- are abilities that let us do tasks that involve large muscles in our torso, legs, and arms
- **Fine Motor**- the ability to make movements using the small muscles in our hands and wrists.

Activities

To support with **fine motor**, some resources we use are- pegs, tweezers, pippets, pencil grips, paper clips, playdough and small construction toys.

To support with **gross motor**, some activities are- PE lessons (games, fundamentals), bikes, scooters, den building, obstacle courses, balls, skipping, hopping, daily jog.





Vocabulary in Early Years

Nursery

Fast
Jump
Hop
Land
Run
Slide
Space
Slow
Stop

Reception

Balance,
Bend,
Crawl
Direction
Rules
Safety
Travel



Key Vocabulary

DANCE

Year 1 and Year 2

Travel Stillness
Direction Space
Body parts Levels
Speed

Year 3 and Year 4

Space Repetition
Action and reaction
Pattern

Year 5 and Year 6

Dance style
Technique
Pattern
Rhythm
Variation
Unison
Canon
Action and reaction





Key Vocabulary

GYMNASTICS

Year 1 and Year 2

Forwards Backwards Shape
Sideways Roll Jump
Slow Body parts Travel
Speed Stretch Wide Narrow

Year 3 and Year 4

Forwards High Low Copy
Land Balance Roll Jump
Stretch Push Pull Step
Spring Crawl Still
Slowly Tall Long

Year 5 and Year 6

Muscles Joints Rotation Turn
Shape Symmetrical Asymmetrical
Landing Take-off Flight
Performance Evaluation





Key Vocabulary

GAMES

Year 1 and Year 2

Striking Catching Own space
Team Speed Direction Passing
Controlling Shooting Scoring

Year 3 and Year 4

Points/ goals Rules Tactics
Batting Fielding Defending Hitting
Keeping possession Scoring goals Pass
Send Keeping score Receive
Travel with a ball Make use of space

Year 5 and Year 6

Passing Dribbling Shooting Marking
Support Attackers Team play
Batting Fielding Bowler Pitch
Defending Hitting Offside
Forehand Backhand





PE Weblinks



[The Body Coach – Youtube](#)

[Cosmic Kids Yoga - Youtube](#)

[BBC Supermovers](#)

[BBC Teach](#)

[Get Set 4 PE](#)

[Go Noodle- Youtube](#)

[Jump Start Johnny.](#)

[Jack Hartman](#)

[Active Kids](#)

[Yoga with Adrienne- Youtube](#)

[Kidz Bop- Youtube](#)

[The Ballet Coach Youtube](#)

[Oti's Dance Class- Youtube](#)

[Nuffield Health- Youtube](#)

[Nike Active- Kids Do Better](#)

[NHS Changes 4 Life](#)



