



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

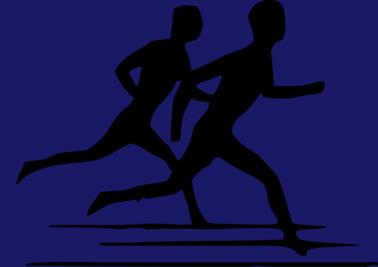
Jump Park, Elstree

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

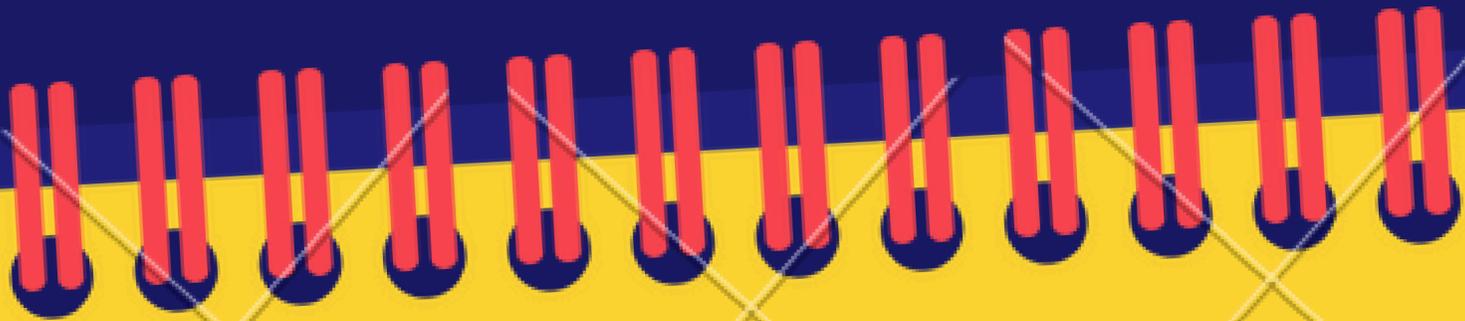
Year 5 and Year 6

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

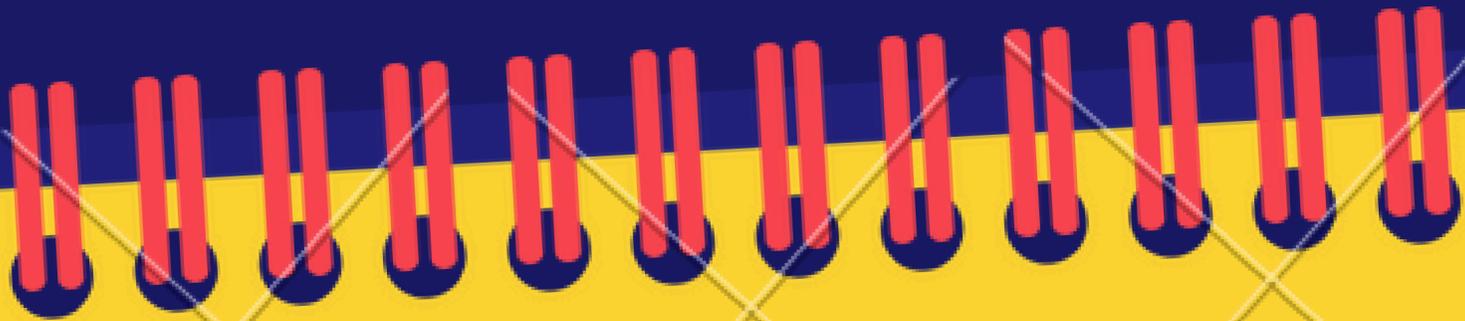
Year 5 and Year 6

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](#)



