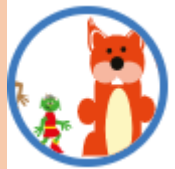



# Reception PE knowledge organiser – Summer 2

## Physical skills

- I am aware of why exercise is important for good health.
- I am aware of the changes to the way I feel when I exercise.

Themes	
The Hairy, scary woods 	The kittens come to play 

Fundamental movement skills	
Static balance	Floor work.
Agility	Reaction and response.

Key Vocabulary	
Health	The condition of one's body or mind.
Agility	The ability to move or think easily and quickly.
Movement	The change in position or location.
Footwork	The manner in which the feet are used or moved
Reaction	An action or response to something that has happened or has been done.
Response	A reaction to something.
Static balance	The ability to maintain an upright posture and to keep the line of gravity within the limits of the base of support.
Pull	To take hold of (something) and use force to bring it nearer to oneself.
Lift	To bring upward; raise.