

# Reception P.E. knowledge organiser – Spring 2

Personal skills
I enjoy working on simple tasks with help.
I can follow instructions and practise safely.
I can work on simple tasks by myself.

Themes		
Clown's naughty ball 	Off to the seaside 	Toy box 

Fundamental movement skill	
Rotation	Learn different rolls: <ol style="list-style-type: none"> <li>1. Use spotting to maintain balance.</li> <li>2. Hold body tight and extended.</li> <li>3. Choose type of rotation before starting.</li> </ol>

Key Vocabulary	
Rotation	Moving on an axis.
Balance	Your body is steady.
Stance	A way of standing or being placed.
Coordination	Muscles working together to carry out a movement.
Opposite	The reverse direction.
Forward	The direction in front of you.
Backwards	The direction behind you.
Explore	To discover or find something new.
Rules	A principle or guide to follow.