

Year 1 P.E. knowledge organiser – Summer 1

Health and fitness skills

I can say how my body feels before, during and after exercise.

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

Ball tricks



Juggle trouble



Artistry



Key Vocabulary

Artistry	The artistic quality of a product.
Partnering	A person who shares in an activity with another person.
Circles	A movement in the shape of a circle.
Musicality	Having qualities similar to melody or harmony.
Rhythm	Movement marked by the regular repetition of sounds.
Turn	To cause to move around a centre point.
Jump	To leap into the air.
Move	To change position or place.
Abstract	Existing in thought or as an idea but not having a physical or concrete existence.

Physical skills

Coordination The working together of different muscles to carry out a complicated movement.

Agility The ability to move or think easily and quickly.