

Year 1 PE knowledge organiser

Physical Development	
Basic movement	Log roll, straight jump, egg roll, half turn jump, spin, landing, standing balance, sequence, kneeling balance actions, timing, repetition, freeze
Equipment	Small balls, large balls, rackets, goals, cones, special spots, football
Dance skills	Performance, control, consistency, speed, direction, changes, rhythm, balance



Healthy lifestyle	
Healthy eating	Understanding the importance of having a balanced diet.
Lifestyle habits	Be confident to try new activities and show independence, resilience and perseverance in the face of challenges.
Mental wellbeing	Celebrating similarities and differences between each other and why we are unique and special.

Key Vocabulary	
Share	Everyone has equal an instruction amount
Instruction	Taking directions or orders
Health	Being free from illness or injury
Control	Using strength to manage a skill
Sequence	A pattern or process in which one follows another
Performance	The act of presenting, usually to an audience
Direction	The way you face or travel, e.g. left, right, forwards, backwards
Speed	The rate at which something or someone is moving
Rule	A direction that you must follow
Fair	When something is equal
Improve	Making it better
Stimuli	Something that causes feeling, movement or thought
Rhythm	Movement marked by regular sound
Compare	Looking at the differences and similarities

