



PE - Knowledge Organiser

Autumn 1 2024/ 2025 – Year 1 – Fundamentals – Unit 1

Knowledge Organiser Fundamentals Year 1

About this Unit
Fundamental movement skills are like the building blocks of all the fun things your body can do. They're special moves that help you play, explore, and stay active.

running
 • Bend forward
 • Swing back
 • Push back
 • Push forward
 • Bend knees
 • Push back

skipping
 • Push back
 • Push forward
 • Bend knees
 • Push back

jumping
 • Bend knees
 • Push back
 • Push forward
 • Bend knees
 • Push back

Ladder Knowledge

Running: Bending your knees will help you to change direction. If you swing your arms it will help you to run faster.

Balancing: Looking ahead will help you to balance. Landing on your feet helps you to balance.

Jumping: Landing on the balls of your feet helps you to land with control.

Hopping: Hop with a soft bent knee.

Skipping: Use the opposite arm to leg when you skip. Jumping on the balls of your feet helps you to keep a rhythm.

Physical Skills:

- balance
- jump
- hop
- run
- speed
- agility
- dodge
- skip
- co-ordination

Other Skills:

- Social:** collaboration, work safely, support others
- Emotional:** determination, self regulation, honesty, perseverance
- Thinking:** comprehension, select and apply skills

Home Learning: Find more games that develop these skills in the Home Learning Active Families tab on www.getan4ed.com/active

Skipping Challenges

What you need: a skipping rope or a string, either rope for two together, or make 4 loops!

Challenge 1: How many skips can you make in a row?

Challenge 2: Can you skip 3 times in one go? (right forward then 2 backward, then forward?)

Challenge 3: Can you skip sideways, over your shoulder, or under?

Challenge 4: Can you skip with 2 legs with your right leg on the ball of the left and then switch over. (Can you do the reverse?)

Challenge 5: Can you skip backwards?

Powerful Knowledge

bend, direction, dodge, fast, hop, jog, jump, land, reedy position, skip, challenge, swing

Behave and move in a safe way.

This unit will help you to:

- change direction
- balance
- move different body parts at the same time
- be faster
- be stronger

If you enjoy this unit why not see if there is an athletics club in your local area.