

Knowledge Organiser: Reception Body Management Unit 1



Prior Learning: Can stand and balance for short periods on one foot. Can climb stairs move over large and small steps. Can use hands and feet to negotiate obstacles.

Equipment needed: Beanbags, mats, cones, quoits, hoops, box tops, balls, bibs, benches.

Concepts: Bridges - We can make bridges with our bodies in a variety of ways, 4-point bridges with our feet and hands, tummy facing up or down, 3-point bridges with 2 hands and one foot etc.

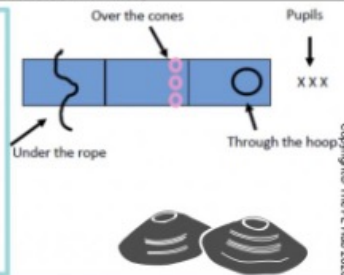
Unit Focus: Explore balance and managing own body. Able to stretch, reach, extend in a variety of ways and positions. Able to control body and perform specific movements on command.

Key Vocabulary/Skills

Follow balance obstacle challenge.	Climb, step, feet, alternate, one foot, balance, stand, stop, reach, stretch, hold, carry, touch, crawl, jump, roll.
Work with others to move through hoops.	
Reach and stretch to retrieve and place objects.	
Steps, strides, hops, bounces, bridges & tunnels	
Use a variety of ways of travel over apparatus.	

Key Questions:

1. Describe a difference between a small and a tall shape.
2. Were there any ways in which it was harder to climb over/ on to e.g. feet first?
3. Which body parts did you balance on to make your bridges?



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