RECEPTION KNOWLEDGE ORGANISER

Autumn 1

PE Crossing the midline



Our goal Reach across our bodies, move safely and control a ball.

1 My space bubble

Stretch out your arms.

Can you reach without touching anyone or anything?

Look where you are going.

Listen and stop when asked.

2 Reach across

Imagine a line down the middle of your body.

Use one hand to tap the shoulder on the other side.

Try the other hand.

Keep your body facing forwards.

3 Make a rainbow

Use one hand to draw a big rainbow in the air.

Start on the other side of your body. Sweep your hand across.

Try touching your opposite knee or foot.

4 Move in different ways

Walk, run and tiptoe in a space.

Hop: take off and land on the same foot.

Skip: step, hop, step, hop.

Move safely around other people.

5 Roll a ball

Start with the ball on the floor.

Look at your partner or target.

Get low and push gently.

Watch the ball roll along the floor.

6 Bounce and catch

Bend your knees.

Push the ball down with your fingertips.

Bounce once, then catch.

Reach, grab, give. Bring the ball gently into your body.

Words to know

Midline - a pretend line down the middle of your body.

Cross the midline - reach across to the other side of your body.

Travel - move from one place to another.

Cool down - slow movements and gentle stretches after PE.

Can you show me

Your safe space bubble?

A tap on your opposite shoulder?

A hop and a gentle ball roll?

Based on our Reception crossing the midline unit