
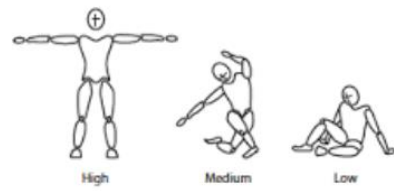






Year 1 Autumn 1: PE Knowledge Mat

Fairy Tale Dance

Key Vocabulary		Images/ diagrams	Core Knowledge
Time	Moving on the correct beat		<ul style="list-style-type: none"> • I know how to listen to the beat of the music and move in time to it • I know how to perform a variety of dance movements to travel e.g. jumping turning, gestures • I know how to respond imaginatively to a story and explore movement • I know how to perform dance movement mostly in time to the music showing a variety of levels • I know simple dance moves and perform with control • I know how to perform dance movements with co-ordination and control
Start	Begin something		
Finish	End something		
Levels	High, middle or low		
Perform	Show others something you have done		
Moving	To dance, walk, run to the music.		

Year 1 Autumn 2: PE Knowledge Mat

Jungle Yoga

Key Vocabulary		Images/ diagrams	Core Knowledge
Yoga	Bodily poses	   	<ul style="list-style-type: none"> • I know how to perform the Yoga poses and have a strong tummy to help me keep my body in position • I know to challenge myself to try all the yoga poses • I know how to perform the Yoga poses with flexibility and control • I know how to relax and perform the Yoga poses with some confidence • I know some of the yoga poses and can include them in my story
Muscles	Help to hold positions		
Story pose	Sitting still with fingers together		
Stretch	Tightening muscles in a certain position		
Pose	A way of sitting and standing		
Strong	Using your muscles to keep a pose		