

# EYFS Physical Education Must Knows - RealPE and RealGYM



Top Vocabulary	
Agility - move and change the direction and the position of the body	Balance - Hold a position without falling
Co-ordination - control different body part movements at the same time	Movement - moving the large muscles in the body
control - means your body is doing what your mind wants it to do	Rules- Instructions set by an adult that tell you what to do in an activity

## Fundamental Movement Skills (ABC's)



agility



balance



coordination

### Warm up

We warm up our bodies and minds to get ready for exercise.

### Cool down

We do a cool down to help the body recover safely from exercise.

## Body changes in exercise

When we exercise our body changes. When we exercise we get hot and our faces turn red.

Our heart beats faster and we also breath faster.



### RealGYM

The skill element of real gym is made up of 5 areas - Shape, Balance, Travel, Flight and Rotation.



## Learning focus cogs

I can observe and copy other

I can move confidently in different ways

I can play with others and take turns and share with help

I enjoy working on simple tasks with help

I can follow simple instructions

I am aware of the changes to the way I feel when I exercise

