EYFS Physical Education Must Knows - RealPE and RealGYM



Top Vocabulary

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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)





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.









Health

and **Fitness** I can move confidently in different mays

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

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.

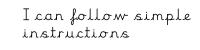












I enjoy working on simple tasks with help

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