

PE Knowledge Organiser

Term 2 Social Skills

Key Content

Show patience and support to others.

Help, praise and encourage others in learning.

Work sensibly with others, taking turns and sharing.

Show and tell others about your ideas.

Key Vocabulary

Knowledge

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Patience

Waiting for your turn
Sensibly and calmly.

Support

Helping others when
needed.

Praise/
Encourage

Positive feedback to your
friends.

Balance

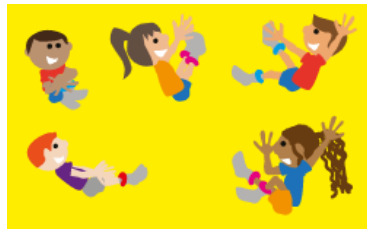
Maintain a controlled body
position.

Static Balance
seated

Bottom firmly on floor, lifting
various body parts off the
floor.



Warm up games—Clapping game
and Stepping Stones.



**Static balance using
various body parts**



**Exchange
objects**



Fundamental Movement Skills



Dynamic Balance to Agility
Jumping and Landing



Static Balance
Seated