



P.E Curriculum

KS1 Knowledge Organisers

Knowledge Organiser

Theme: Fundamentals **Year:** A / B **Term:** Autumn / Spring / Summer

Learning Objectives - Knowledge			
Foundations	Key Driver	Support or Challenge	Key Driver
To know how to move through simple bilateral actions e.g. walking, running and hopping (locomotor skills)	C	Increase complexity of actions e.g. skipping and galloping, etc	C
To know how to move in different pathways using different bilateral movements (locomotor skills)	C	Speed, variety or complexity of movements	C
To know how to control movements through balancing and twisting (stability skills)	C	Increasing complexity of balances and twists	C
To know how to carry, send and receive an object e.g. ball (manipulation skills)	C	Size of object, space between children	C
To know how to strike an object e.g. ball (manipulation skills)	C	Distance of target, equipment used to strike, strike a moving target	C
To develop gross and fine motor skills in a variety of contexts (locomotor/stability/manipulation skills)	C	Implement games with rules	C
To know how to show awareness of space for themselves and others	C	Reduce/increase playing space, speed of movements	C

Key Vocabulary			
Word	Meaning	Word	Meaning
send	rolling, throwing, bouncing etc. of an object	aware	having the perception of people around you
receive	stopping, catching an object	rules	a set of explicit or understood regulations within a particular area of activity
strike	hitting a ball with a bat, racquet, hand etc.		

Useful Websites or Resources
SASP (Somerset Active Schools Partnership- Medium Term Planning)

Knowledge Organiser

Theme: Team Games **Year:** A / B **Term:** Autumn

Learning Objectives - Knowledge			
Foundations	Key Driver	Support or Challenge	Key Driver
To know how to play simple ball games involving kicking, catching or throwing	C	Wide variety of resources	C
To know how to develop simple tactics for attacking and defending and ways to score	C	Change attacking/defending ratios	C
To know, describe and follow basic rules within a game	C / H	HA to develop own game and set of rules / Or add variations	C / H
To know the importance of confidence and resilience within a game	C / H		
To know how to compete fairly, showing good sportsmanship	C		

Key Vocabulary			
Word	Meaning	Word	Meaning
resilience	the capacity to recover quickly from difficulties; toughness	rules	a set of explicit or understood regulations within a particular area of activity
sportsmanship	fair and generous behaviour or treatment of others, especially in a sporting contest	score	the number of points, goals, runs, etc. achieved in a game or by a team or an individual.
attacking	making a forceful effort to score		
defending	attempting to prevent the attacking team from scoring		

Useful Websites or Resources
East Shropshire PE and Schools Partnership Planning

Knowledge Organiser

Theme: Gymnastics **Year:** A **Term:** Spring

Learning Objectives - Knowledge			
Foundations	Key Driver	Support or Challenge	Key Driver
To know how to explore gymnastics actions and still shapes	C	Visual aids or increase difficulty	C
To know how and why to change speed, level and direction	C / H		C / H
To know how to perform movement phrases using a range of body actions and body parts	C	Length of movement phrase adjusted	C
To know how to copy or create and link movement phases with beginnings, middles and ends	C	Increase number of movements to link together	C
To know how to include apparatus into the routine	C	Differing apparatus	C
To know how to improve a performance	H		H

Key Vocabulary			
Word	Meaning	Word	Meaning
balance	Shape held still for at least the count of 3	apparatus	the equipment used to do gymnastics
travel	Moving of body in a variety of ways, direction and height	station	the way the apparatus is organised together in a group.
levels	the height at which the action is performed	space	where nothing is in the way
phases	a distinct period or stage in a series of movements	perform	present (the routine) to an audience.

Useful Websites or Resources	
Inspire Scheme of work Val Sabin - Primary School Gymnastics Rawmarsh - KS1 Gymnastics PESS Gymnastics	Agile Gymnastics Tops Gymnastics Youth Sport Trust - Start to Play

Knowledge Organiser

Theme: O.A.A **Year:** A **Term:** Summer

Learning Objectives - Knowledge			
Foundations	Key Driver	Support or Challenge	Key Driver
To know how to explore outdoor environment with confidence	C / NW	Staff support for LA	C / NW
To know how to be inquisitive about natural surroundings	C, NW		
To know and understand the importance of being active in our natural areas	C, NW, H		
To know how to develop orienteering skills within a variety of contexts	C	Staff support for LA	C
To know how to follow orienteering maps with increasing accuracy	C	Staff support for LA	C

Key Vocabulary			
Word	Meaning	Word	Meaning
teamwork/ co-operation	working together in a group.	map	a picture of our surroundings.
verbal / non-verbal communication	using listening and voice to get a partner to understand / using visual and physical actions to get a message across.	'setting' a map	placing the map the right way round so that the main physical features are in the correct place on the map.

Useful Websites or Resources
Inspire scheme of work with resources

Knowledge Organiser

Theme: Dance **Year:** B **Term:** Spring

Learning Objectives - Knowledge			
Foundations	Key Driver	Support or Challenge	Key Driver
To know how to explore movement ideas and respond imaginatively to a range of stimuli	C		
To know how to move confidently and safely in their own space	H	SEND pupils to have staff support	H
To know how to move with a change of speed, direction and level	C	Focus on one particular element at a time	C
To know how to watch, describe and perform dance movements	C	Revisit movements to perform with increasing accuracy	C
To know how to compose and link movement phases using a range of body actions and body parts	C	Decrease/increase number of movements	C
To know how to perform a sequence of movements	C	Perform in front of Individuals/Groups of Children/Class - depending on confidence	H

Key Vocabulary			
Word	Meaning	Word	Meaning
movement	the movement of the body in a rhythmic way, usually to music and within a given space	sequence	a series of movements together
speed	the rate at which someone or something moves	perform	present (a form of entertainment) to an audience
direction	the course along which someone or something moves	critique	evaluate (a performance) in a detailed and analytical way
levels	using low and high movements in performance	improve	make (a performance) or become better

Useful Websites or Resources
SASP (Somerset Active Schools Partnership)- Medium Term Planning
BBC School Radio Let's Move

Knowledge Organiser

Theme: Athletics **Year:** B **Term:** Summer

Learning Objectives - Knowledge			
Foundations	Key Driver	Support or Challenge	Key Driver
To know how to show good control and co-ordination in large and small movements	C		
To know how to take part in a team relay activity	C / H	Number within a relay team	C / H
To know how to throw a variety of objects with increasing accuracy (underarm and overarm)	C	Object size	C
To know how to run at differing speeds, changing speed and direction	C	Distance of activity or number of directions	C
To improve stamina through activity	H	Distance or duration of activity	H

Key Vocabulary			
Word	Meaning	Word	Meaning
control	carry out activity with increasing accuracy and co-ordination	speed	the ability to travel in as shorter time as possible
relay	continuous race where a baton is passed	accuracy	actions performed with greater precision
underarm throw	executed with the hand brought forward and up from below the level of the shoulder	direction	a course along which someone or something moves
overarm throw	executed with the arm moving above the shoulder for longer range	stamina	the ability to sustain prolonged physical or mental effort

Useful Websites or Resources
SASP (Somerset Active Schools Partnership)- Medium Term Planning