

PE
AUTUMN 1
KNOWLEDGE
ORGANISERS

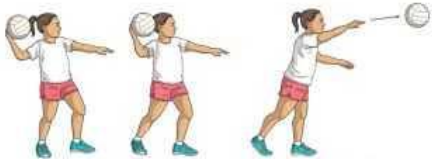


Year 5 Core Skills Knowledge Organiser



KEY SKILLS

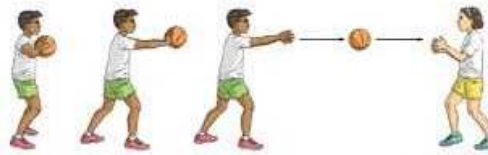
Shoulder Pass



- * Ball high
- * Step with opposite foot
- * Keep ball high to high as rotate hip forward
- * Follow through

For height and long distance

Chest Pass



- * Hold ball with a 'W'
- * Elbows in
- * Step into pass & push ball at same time, follow through
- * Keep moving forward

For speed and short distance

Bounce Pass



- * Ball chest height
- * Both hands behind ball in 'W'
- * Fingers point to floor
- * Step & push ball down
- * Flick wrists & Follow through

For low height and short distance

Hitting ball



- * Small taps
- * Eye on ball
- * Knees bent for balance

High Catch



- * Fingers up towards ball
- * Bring elbows down.



Low catch

- * Fingers to ground,
- * Elbows slightly bent,
- * bring up as catch



Chest catch

- Reach hands out to ball
- * Watch ball into hands

- * Bring arms backwards as you step backwards

Kicking ball



- * Non-kicking foot alongside the ball.
- * Contact ball with inside of foot.
- * Arms out for balance
- * Follow through

Dodging



- * Step one way with shoulders
- * Transfer weight to other foot
- * Push off with first foot

KEY WORDS

fair play throw catch
receive control communicate
hand-eye co-ordination

Year 5&6 Athletics Knowledge Organiser



KEY SKILLS

About this Unit

Athletics is the name for a group of physical events that test running, jumping and throwing. In this unit you will use different styles of running, jumping and throwing to try to achieve your best possible time, distance or height. You will need to persevere to achieve your personal best.



Official Athletic Events

Running

Sprinting
100m, 200m, 400m
Hurdles
Relay
Middle Distance
800m, 1500m
Long Distance
5,000, 10,000
Steeplechase

Jumping

Long jump
Jump for distance
Triple jump
Jump for distance
High jump
Jump for height
Pole vault
Jump for height

Throwing

Discus
Fling throw
Shot
Push throw
Hammer
Fling throw
Javelin
Pull throw

Have you seen any of these events before?



Movement Skills

- sprint
- jump for distance
- push throw
- pull throw
- Sling throw

This unit will also help you to develop other important skills.

Social collaboration, work safely

Emotional determination, perseverance

Thinking observe and provide feedback, comprehension, explore technique

Rules

JUMPING EVENTS

- Performers must take off before the line.
- Jumps are measured from the take-off line to the body part closest to the take-off line that touches the ground.

THROWING EVENTS

- Throws must be taken from behind a throw line.
- Throws are measured from the throw line to where the object first lands.

Key Vocabulary



accuracy: how close the object is to the given target

baton: equipment used in a relay event

control: being able to perform a skill with good technique

event: the name of different athletic activities

further: a greater distance

personal best: a target outcome of an individual

power: speed and strength combined

relay: a team of runners take turns to move the baton from start to finish

speed: how fast you are travelling

strength: the amount of force your body can use

technique: the action used correctly

Key Rules

Know relevant rules for each event and how to measure / score / time:

Sprints: stay in lane, run through line.

Jumps: Fast run, push off on take-off, landings.

Throws: Throwing line, overarm, underarm.



KS2 Rugby Knowledge Organiser



Skills

Tagging

To tag an opposing player with the ball:

1. Judge the speed and direction of opposition.
2. Run alongside opponents.
3. Remove tag from their waist and shout "TAG!" – then pass back the tag to the player you took it from.



If you have been tagged you must:

- A. Pass the ball to a teammate within 3 steps or 3 seconds of being tagged.
- B. If you are within 1m of the try line you can step forward and score the try.
- C. You must collect your tag and replace it before carrying on playing.



Passing

2 hands around the ball to grip it correctly.

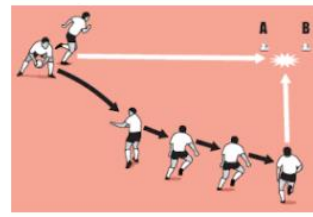
Gripping the ball



To pass:

- Keep the arms and knees bent.
- Push/Pull the ball **across your body from the waist.**

- Keep hands either side of the ball.
 - Swing arms and ball across your body.
 - **Point arms towards target** even after pass.
- Ball must go **sideways / backwards** from the passer.



Receive the ball with Target / W hands

Key Vocabulary

Passing – passes must be played level or backwards, the ball cannot travel forwards, this will result in possession turnover.

Offside – Attacking players must remain behind the ball when it is active.

Scoring – A try is scored when the ball is placed over the try line with both hands pushing the ball down.

Tag – To remove a tag of the opposition player who has the ball

Dodging – move passed the opponents with the ball.

Handling – 2 hands on the ball at all times.

Pitch -



KS2 Football Knowledge Organiser



KEY SKILLS

- Technical Skills**
- Passing Dribbling
 - Receiving Shooting
 - Turning Pressing
- Principles of play**
- Create space Support
 - Movement Creativity
 - Delay Press

KEY WORDS

- Technique**
- Ball control, Dribbling skills, Passing accuracy, Body control.
- Game intelligence**
- Spatial awareness, Tactical knowledge, Risk assessment.
- Physical fitness**
- Endurance, Balance and coordination, Speed, Strength and power.

KEY RULES

Our 5 football rules

- ✓ The opposition must not enter the centre circle until after the kick-off.
- ✓ Except for throw-ins, only the goalie can use their hands.
- ✓ Never lose your temper - play with skill and not aggression.
- ✓ Always play fairly.
- ✓ Enjoy the game whether you win or lose and congratulate the opposition at the end of the game.

GAME PLAY

1. Respect the referees decisions.
2. Know where to stand at start of game.
3. Respect all players

TEAMWORK

Work together in small teams to build up enjoyment and confidence.

Play in different positions to.

Positive/ supportive attitude towards others on court.

PLAYING POSITIONS



KS2 Table Tennis Knowledge Organiser



KEY SKILLS

Ready Position

The ready position is a key starting point when fielding. It provides you with the best opportunity to catch and/or stop the ball and allows you to move into position quickly. This is done by being on your toes with your body **weight slightly towards** where the ball is coming from with hands ready.



Forehand Drive

Hip to lip (start and finish points for the bat)

Finish with your **index finger pointing towards the target** (like a gun)

1. READY POSITION

- Crouched with left foot slightly forward
- Close to the table

2. BACKSWING

- Hip rotation draws the waist to the right
- Arm rotates back and downwards at the elbow

3. FORWARD MOVEMENT

- Arm moves forward and upwards as the body untwists from the waist
- Weight transfers from the right to the left foot
- Contact at top of the bounce

4. FOLLOW THROUGH

- Bat arm continues to move forward and upwards, finishing in line with the nose
- Recover to ready position



Backhand Push

Making an **L shape** with your elbow on the backswing and push your arm forwards to an **I** on the swing

Finish with your **index finger pointing towards the target**

1. READY POSITION

- Crouched facing the direction you would like the ball to travel
- Close to the table

2. BACKSWING

- Bat moves back towards the stomach with an open angle

3. FORWARD MOVEMENT

- Produced from the elbow as bat moves forward and slightly downwards
- Contact the ball underneath and early off the bounce

4. FOLLOW THROUGH

- Bat moves forwards and downwards
- Recover to ready position

KEY WORDS

| Word | Definition |
|---|---|
| Serve | To strike the ball it must hit your own side of the table before your opponent's side |
| Grip | Hold the handle of the bat like you are going to shake its hand . |
| Table | Playing area divided by a net |
| Bat / Paddle | Equipment used for hitting the ball one side is red the other black |
|    | |
| Spin | Making the ball turn in different ways depending on how it is hit |
| Rally | Continuous shots over the net between 2 or more players |
| Footwork | Moving your feet early to get in line with the ball |

KS2 Netball Knowledge Organiser



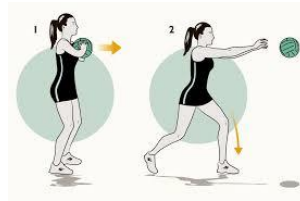
KEY SKILLS

Footwork: Moving into space. Keeping feet still when in possession of ball

Passing: shoulder pass



chest pass



Increasing strength and distance.

Attacking - Getting free from an opponent. Sprint dodge.

Defending: Marking player - stay with player as they move into space. Marking the ball - stay 1 metre away, arms out, hands spread.

KEY RULES

1. Ball accepted in **centre 3rd** from centre pass.
2. Stop when whistle sounds.
3. **Footwork rule.** Landing on one foot. Other foot acts as a brake.
4. **Marking the player with ball.**
Stay 1 metre away.



KEY WORDS

| | | |
|--------------|------------|-------------------------|
| Footwork | Throw in | Chest/shoulder pass |
| Centre third | Goal third | Goal area (semi-circle) |
| Toss-up | Offside | centre pass. |

GAME PLAY

1. Respect the umpires' decisions.
2. Know where to stand at start of game.
3. **Clear** from player with ball, then **drive** forward.

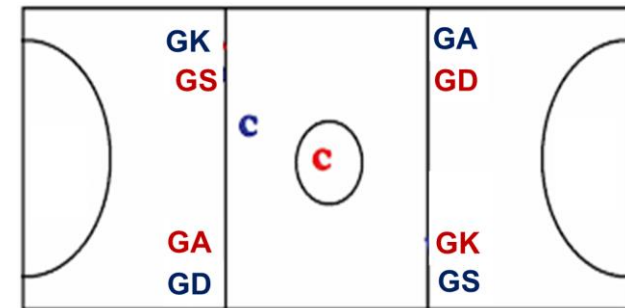
TEAMWORK

Work together in small teams to build up enjoyment and confidence.

Play in different positions to experience attack/defence/centre court play.

Positive/ supportive attitude towards others on court.

PLAYING POSITIONS



= Blue Team.
 = Red Team.

Knowledge Organiser

Y7 Football

Key Skills

Shooting - using strongest foot when attacking.

Possession - keeping hold of the ball in pressure situations.

Heading - using the correct technique when heading in defensive and attacking positions.

Gameplay

Tactics - use a variety of attacking and defensive tactics in practices and small sided games.

Space - understand how to create and use space

Aim

Develop understanding of basic rules of football as well as positional play.

Students will start to coach each other and evaluate their own and others' performances.

Knowledge Organiser

Y7 Football

Key Rules

Pitch markings and ball size - know what each line means and what ball size year group should play with.

Teamwork

Begin to work effectively as part of a larger team in competitive situations

Improving communication so that teams become more effective.

Vocabulary:

1. Passing
2. Control
3. Running with the ball
4. Dribbling
5. Turning
6. Shooting
7. Heading
8. Tackling
9. Intercepting
10. Possession
11. Attack
12. Defence



KS3 Rugby Knowledge Organiser



Skills & Tactics

Ball Handling– Hold the ball in two hands. Spread your fingers around the seam, a W shape. Use your fingers to control the ball.

Passing– The ball must be passed backwards. W Shape grip around the ball. Ball should be close but in front of the body. Look over your shoulder for your teammates. Pass the ball diagonally across your body from a low to high position.

Receiving a Pass– Make a target for the ball with your hands evenly spaced in front of you. Watch the ball into your hands and then turn to look at a target.

Side Tackle– As opponent approaches, prepare to tackle ensuring your head is kept up with your chin of your chest and a flat back. Shoulders to take the impact of collision. When tackling your opponents, your head needs to be behind the opponents legs, wrapping your hands around them. Land on top of your opponents.

Front Tackle– Watch opponent running head up, back flat. Head and neck should be at one side of the opponent. Cheek to cheek position.

Drop Kick– Eyes on the ball, hold ball out at waist height, elbows slightly flexed, hold ball along seam with fingers positioning downwards, keep head over ball, drop ball upright, as ball lands make contact with it, follow through.

Key Vocabulary

Scrum Half

Hooker

Winger

Line Out

Line Speed

Try



Rules & Regulations

The game is started by a place kick or a drop kick from the middle of the halfway line. The ball must travel forwards at least 10 metres from the kick-off. If this is unsuccessful then the opposing team decide upon a scrum or line out for them to take advantage. If a penalty or drop goal is scored during the game, play is restarted with a drop kick from the halfway line. The team that has conceded the points takes the kick.

Scoring System

Scoring System: A try - five points are awarded for touching the ball down in your opponent's goal area. A conversion - two points are added for a successful kick through the goalposts after a try. A drop kick - three points are awarded for a penalty kick or drop goal through the posts.



KS3 Netball Knowledge Organiser



KEY SKILLS

Attacking - The Dodge

Sprint dodge



P: On toes, aware and ready.



E: Sprint into space.



F: Receive ball in space, land balanced.



Feint dodge

P: On toes, ready and signal.



E: Drop shoulder pretending to go one way.



F: Sprint into space.

1. Prepare
2. Execute
3. Follow-through

Defending the player: Stand sideways on to keep eye on player and ball.

Defending ball: Face player, 1m away, on balls of feet, stretch up and over ball.

KEY RULES

1. Ball accepted in **centre 3rd** from centre pass.
2. Stop when whistle sounds.
3. **Footwork rule.** Landing on one foot. Other foot acts as a brake.
4. **Marking the player with ball.** Stay 1 metre away.



KEY WORDS

Footwork
Centre third
Toss-up

Throw in
Goal third
Offside

Chest/shoulder pass
Goal area (semi-circle)
centre pass.

GAME PLAY

1. Respect the umpires' decisions.
2. Know where to stand at start of game.
3. **Clear** from player with ball, then **drive** forward.

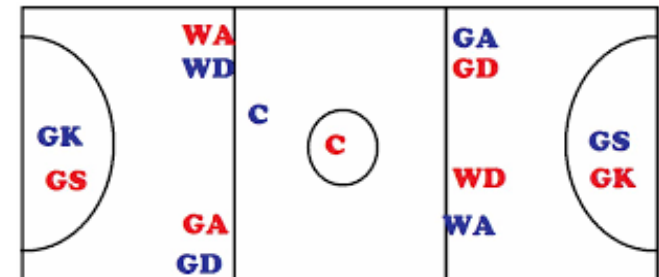
TEAMWORK

Work together in small teams to build up enjoyment and confidence.

Play in different positions to experience attack/defence/centre court play.

Positive/ supportive attitude towards others on court.

PLAYING POSITIONS



Blue = Blue Team.
Red = Red Team.

Knowledge Organiser

Y7 Football

Key Skills

Shooting - using both strong and weak foot when attacking.

Possession - keeping hold of the ball when under pressure

Heading - using the correct technique whether attacking or defending.

Gameplay

Tactics - use a variety of attacking and defensive tactics in small sided games.

Space - understand how to create and use space to your advantage

Aim

Continuation of understanding of basic rules, as well as positional play. This will impact on their style of play. Students will coach each other and offer developmental progress tips to improve their own and others' performances.

Knowledge Organiser

Y7 Football

Key Rules

Pitch markings and ball size - know what each line means and what ball size year group should play with.

Teamwork

Work effectively as part of a team in practice and competitive situations

Effective communication to get most out of your team.

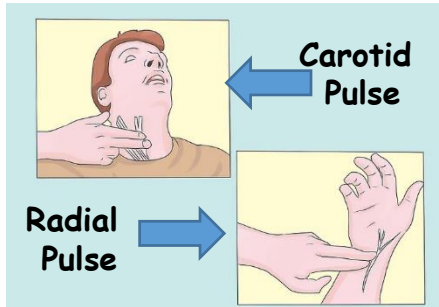
Vocabulary:

Pressure, tactics, space, effective communication, evaluate.

KS3 Fitness Knowledge Organiser



Heart Rate



Working Out Target Zones (Use a calculator!)

1. Calculate HR Max (220-age)
2. Find the **lower training threshold**
 $HR\ Max \times 0.60$
3. Find the **upper training threshold**
 $HR\ Max \times 0.85$
4. Write down the target zone (lower threshold to the upper threshold)

Max Heart rate = 220 bpm - age

$$220 - 12 = 208\text{bpm}$$

$$60\% - \text{Lower training threshold} - 208 \times 0.60 = 125\text{bpm}$$

$$85\% - \text{Upper training threshold} - 208 \times 0.85 = 177\text{bpm}$$

Key Muscles

Biceps

Upper arm
at front



Tricep

Upper arm at back



Quadriceps

Top of legs
at front



Hamstrings

Top of legs
at back



Abdominals

Stomach muscles



Gluteals

Muscles of
the bottom



Components of Health & Fitness

Year 5 -

- 1) **Flexibility** - The amount or range of movement that you can have around a joint (Gymnastics- bridge/dance - twisting through levels/reaching for a pass/interception)
- 2) **Speed** - The ability of the body to move quickly (Sprint/ outrun opponent/ run-up in long jump/ moving to net for drop shot)
- 3) **Balance** - an even distribution of weight enabling someone to remain upright and steady - (Gymnastics - 1 point balance, reaching to receive a shot in tennis)

Year 6 -

- 4) **Cardiovascular endurance or stamina** - The ability of the cardiovascular system (heart & blood vessels) to work for a long period of time without becoming over tired (long distance running/cycling/swimming/playing for a full game of basketball etc)
- 5) **Strength** - to be physically strong (Dance/gymnastics/sit-up/press-up/Holding off an opponent)

- 6) **Agility** - The ability to change the position of the body quickly and control the movement (Dodging in basketball/netball/ moving around a defender tackling in football/ changing direction to meet n opponents shot in tennis)

Year 7 -

- 7) **Co-ordination** - The ability to use two or more body parts together (Hand-eye coordination in tennis & netball/ eye-foot coordination passing ball in football)

- 8) **Muscular endurance** - The ability of the muscle or group of muscles to repeatedly contract without rest (sit-ups/press-ups/ step-ups etc in 1 min)

Year 8 -

- 9) **Power** - The ability to perform strength performances quickly - (take-off in long jump, jumping for a ball, throwing a ball/ kicking a ball)
- 10) **Reaction** - The time taken to respond to a stimulus (reacting to the gun or 'Go' at the start of a race/ reacting to intercept a pass/ reacting to meet a shot in tennis)