

PE
SUMMER 1
KNOWLEDGE
ORGANISERS



Knowledge Organiser

Y5 ATHLETICS

Key Skills

Running: Short and longer distances.
20m, 40m upwards.

Long Jump: Standing jumps, run-ups,
combination jumps, land on two feet.

High Jump: Scissors and straddle
technique, take-off and landings.
Hurdling over safe barriers.

Throwing: Throw for height, throw
for distance. Use of different
implements. Safety of self and
others.

Relays in teams: Challenge over
different distances, different relays
eg skipping, running sideways.
Passing a baton.

Gameplay

How to measure, time and score in
athletics.

Begin to gain a baseline of scores
whilst showing accuracy of
technique.

Record personal times/ distances
(achievements) in running, jumping
and throwing events.

Representation in Fun Sports Day
and House Sports Day.



Y5 ATHLETICS

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.

Teamwork

How to achieve fastest times or
longest distances in teams.

Analysing and helping others to
achieve their optimum scores.

Vocabulary

Running, sprint, distance, speed,
baton, Long Jump, High Jump, run-
up, throwing, stance, scoring,
recording, distances, improvement,
practice,

Y5 Athletics. Aim to consolidate
previous learning from First Schools
and to improve known running,
jumping and throwing skills.

Knowledge Organiser

KS2 Tennis

Key Skills

Individual practices with balls and then racket and ball. Shake hands grip

Hand feed to racket.

Forehand - front of hand faces opp.

Backhand - back of hand faces opp.

Volley - no bounce before hit.

Starting the rally - serving.

Gameplay

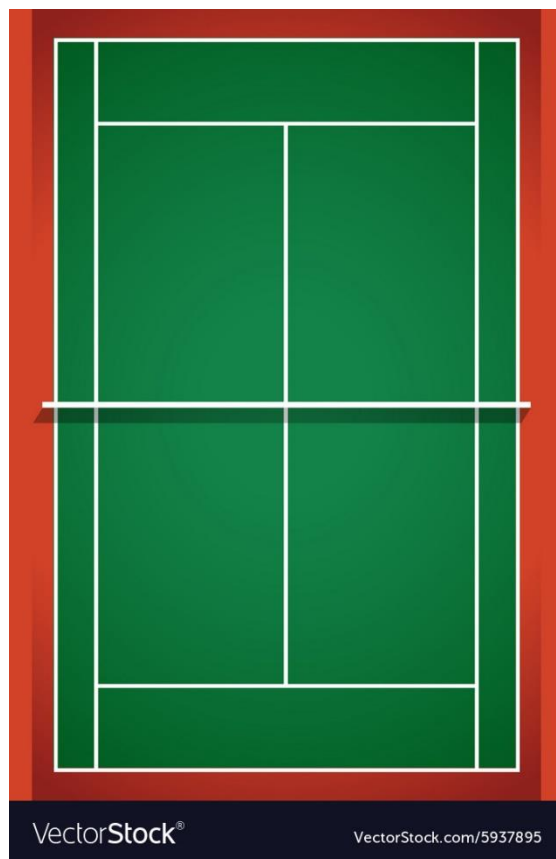
Be able to return a ball over the net without and then with racket.

Keep a rally going - how many consecutive strokes can be done.



Key Vocabulary:

Forehand, backhand, stroke, volley, return, grip, ready position, rally, court, scoring, fault, umpire, back/ baseline, sideline, 15 - 30 - 40, deuce, game.



Key Rules

Know basic rules - one hit only, "out" lines, playing areas.

Aim to make ball bounce twice on opponent's side.

Scoring system. 15-30-40. Game.

Teamwork

Helping a partner achieve a good hit / return to opponent.

Singles play. 1 v 1. 2 v 1.

Introduction to doubles playing.

KS2 Tennis: Aim to build upon any net/wall skills learnt previously.

KS2 Striking & Fielding Knowledge Organiser



KEY SKILLS

Basic Catching



Feet shoulder width, knees bent

EYES ON BALL

Cupped hands, soft fingers - **TARGET**

Hands & elbows move back

Rounders Batting



Stand sideways: feet shoulder width

Extend arm behind

Bat upright

Slight bend in knees

Swing through to ball

Weight transfers back to front

High Catching



Palms face away from body

Cupped hands, soft fingers

EYES ON BALL

Knees bent

Brings hands back to shoulder to cushion ball

Long Barrier fielding

1) Line up with the roll of the ball

3) No gap between knee and heel



4) Hands cup the ball

2) Knee nearest the ball is flat on floor

Underarm Bowling



Face forward, hold in fingers

Swing arm back

step with opposite leg

release ball out of fingers

Below shoulder height

Cricket Bat

Grip

Hands close



Top hand against front thigh

Fingers and thumb wrapped around the handle forming a "V"

Cricket Batting

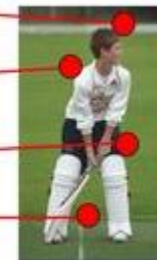


Eyes level over toes

Side on position and relaxed

Balanced with knees bent

Feet should be parallel and a foot length apart



KEY RULES

Remain behind line before striking ball.

Underarm bowl in rounders.

Run fast between bases/stumps. No overtaking.

Ball touches cricket stumps for run out but ball in hands to touch rounders base.

KEY WORDS

Target
Batting
Bowling
Fielding
Long Barrier
Wicket
Rounder
Cricket Run

Knowledge Organiser

Y6 ATHLETICS

Key Skills.

Technique.

Sprinting: 70m, 100m, 200m. Arm position, knee drive, head still

Longer distance running: 800m and beyond. Laps of AstroTurf. Pacing.

Relays: Moving off before receiving baton. Maintaining speed. Safe handover.

Long Jump: Sprint speed and height at take-off. Landing on two feet.

High Jump: Choice of jumping style- scissors or straddle. Safe landing.

Throws: Rounders/ Cricket ball, quoits, sponge javelin, softball. Distance.

Gameplay

Estimation of own performance and that of others.

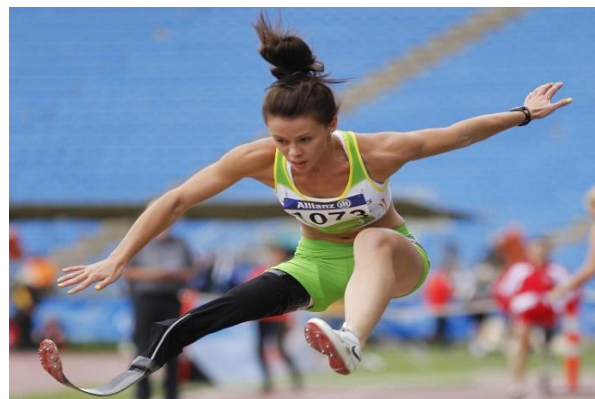
Record personal times/ distances (achievements) in running, jumping and throwing events.

Comparison to previous year's scores.

Expectation to improve personal scores from previous year.

Making improvements in performances.

Representation in Fun Sports Day and House Sports Day.



Knowledge Organiser

Y6 ATHLETICS

Key Rules

Running: Starter's commands, lane(s) to run in, run past the finishing line,

Jumping: Starting position, speed of run, take-off, landing safely.

Throwing: Throwing line. Static/ moving into throws. Retrieving implement

Teamwork

Working together to achieve fastest times or longest distances in teams.

Analysing and helping others to achieve their best scores.

Use of stopwatches to practice improvements.

Vocabulary

70m, 100m, 200m sprints. 800m, Long jump, High jump, take-off, throwing, trajectory, height, underarm, overarm, movement, muscles, strength, speed,

Y6 Athletics. Aim to build upon previous learning and improve personal performances, encouraging others to achieve their best.

Knowledge Organiser

KS2 Tennis

Key Skills

Individual practices with balls and then racket and ball. Shake hands grip

Hand feed to racket.

Forehand - front of hand faces opp.

Backhand - back of hand faces opp.

Volley - no bounce before hit.

Starting the rally - serving.

Gameplay

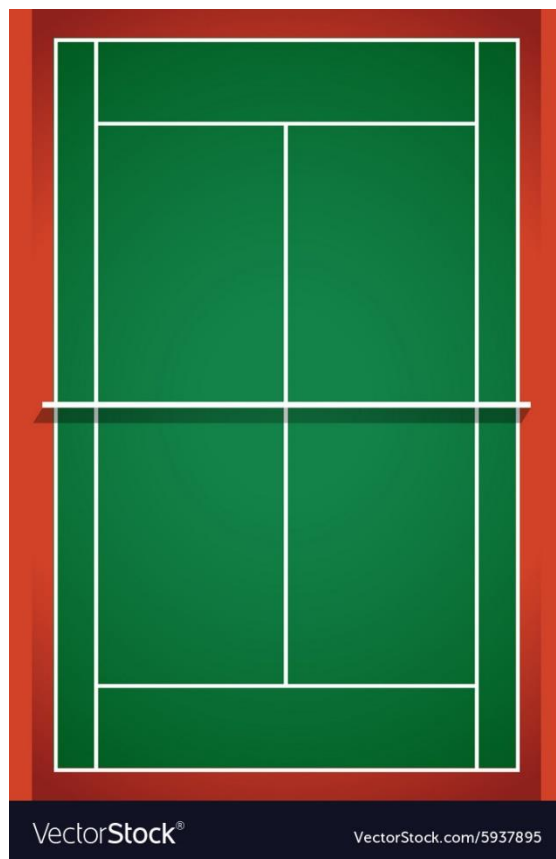
Be able to return a ball over the net without and then with racket.

Keep a rally going - how many consecutive strokes can be done.



Key Vocabulary:

Forehand, backhand, stroke, volley, return, grip, ready position, rally, court, scoring, fault, umpire, back/ baseline, sideline, 15 - 30 - 40, deuce, game.



Key Rules

Know basic rules - one hit only, "out" lines, playing areas.

Aim to make ball bounce twice on opponent's side.

Scoring system. 15-30-40. Game.

Teamwork

Helping a partner achieve a good hit / return to opponent.

Singles play. 1 v 1. 2 v 1.

Introduction to doubles playing.

KS2 Tennis: Aim to build upon any net/wall skills learnt previously.

KS2 Striking & Fielding Knowledge Organiser



KEY SKILLS

Basic Catching



Feet shoulder width, knees bent

EYES ON BALL

Cupped hands, soft fingers - **TARGET**

Hands & elbows move back

Rounders Batting



Stand sideways: feet shoulder width

Extend arm behind

Bat upright

Slight bend in knees

Swing through to ball

Weight transfers back to front

High Catching



Palms face away from body

Cupped hands, soft fingers

EYES ON BALL

Knees bent

Brings hands back to shoulder to cushion ball

Long Barrier fielding

1) Line up with the roll of the ball

3) No gap between knee and heel



4) Hands cup the ball

2) Knee nearest the ball is flat on floor

Underarm Bowling



Face forward, hold in fingers

Swing arm back

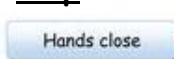
step with opposite leg

release ball out of fingers

Below shoulder height

Cricket Bat

Grip



Top hand against front thigh

Fingers and thumb wrapped around the handle forming a "V"

Cricket Batting

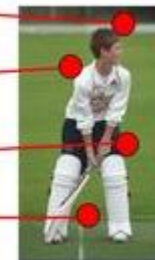


Eyes level over toes

Side on position and relaxed

Balanced with knees bent

Feet should be parallel and a foot length apart



KEY RULES

Remain behind line before striking ball.

Underarm bowl in rounders.

Run fast between bases/stumps. No overtaking.

Ball touches cricket stumps for run out but ball in hands to touch rounders base.

KEY WORDS

Target
Batting
Bowling
Fielding
Long Barrier
Wicket
Rounder
Cricket Run

Knowledge Organiser

Y7 Tennis

Key Skills

Grip of racket.

Forehand - smooth action from back swing to forward play.

Backhand - racket finishes high.

Volley - no bounce

Service - underarm, overhead to finish over the net.

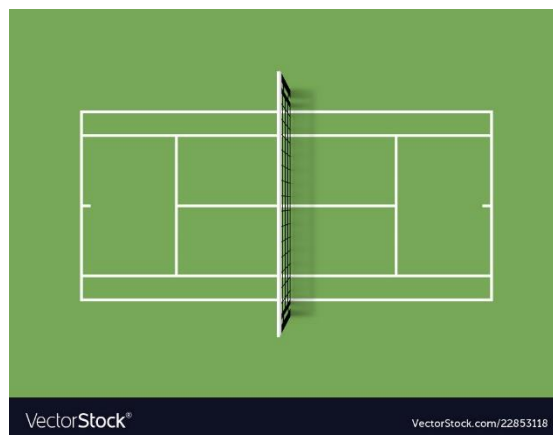
Gameplay

Returning ball into space

Co-operative and competitive rallies.

Successful scoring - own system / traditional points system.

Y7 Tennis: Aim to build upon net skills learnt previously in KS2 in order to play successful games of tennis..



Key Rules

Know main rules of the game.

Aim to make ball bounce twice on opponent's side/ or unable to return it.

Scoring system. 15-30-40. Deuce. Advantage. Game.

Areas of play.

Teamwork

Advice for Singles play - moving around court, placement of ball.

Doubles play.

Scoring co-operatively with and against others.

Key Vocabulary:

Ready position, forehand, backhand, stroke, volley, Serving, fault, return, grip, ready position, rally, court, scoring, fault, umpire, back/ baseline, sideline, 15 - 30 - 40, deuce, advantage, game.

KS3 Striking & Fielding Knowledge Organiser



KEY SKILLS

GAME TACTICS

- Interchange of team positions during play.
- Backing up positions.
- Tactical communication between players.
- Identifying spaces on the pitch.
- Knowing specific role of each position.

Cricket Bat

Grip



Hands close

Top hand against front thigh

Fingers and thumb wrapped around the handle forming a "V"

Cricket Batting



Eyes level over toes

Side on position and relaxed

Balanced with knees bent

Feet should be parallel and a foot length apart



Rounders Batting

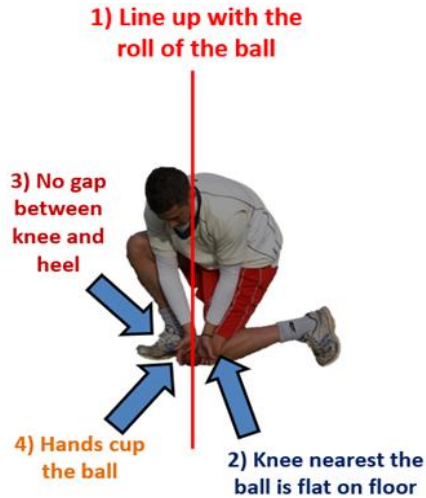


Stand sideway
feet shoulder width

Extend arm behind
Bat upright

Slight bend in knees
Swing through to ball
Weight transfers back to front

Long Barrier fielding



KEY RULES

- Remain behind line before striking ball.
- Underarm bowl in rounders.
- Run fast between bases/stumps. No overtaking.
- Ball touches cricket stumps for run out but ball in hands to touch rounders base.

KEY WORDS

- Target
- Batting
- Bowling
- Fielding
- Long Barrier
- Wicket
- Rounder
- Cricket Run

Knowledge Organiser

Y7 ATHLETICS

Key Skills

Technique for

Sprinting: Starter's commands and during race. 100m, 200m, 300m.

Longer distance running: 800m +. How to pace.

Long Jump: Sprint speed and height at take-off. Measurement of distance

High Jump: Choice of jumping style. Not Fosbury Flop!

Triple Jump: 3 phase

Throws: Introduction to Discus, Javelin and Shot Put. Ball throw.

Gameplay

Record personal times/ distances (achievements) in running, jumping and throwing events. Compare to previous year.

Expectation to improve personal scores from previous year. Discussion on how to achieve expected improvements.

Representation in Fun Sports Day and House Sports Day.



Knowledge Organiser

Y7 ATHLETICS

Key Rules

Specific rules of Javelin, Shot Put and Discus.

Jostling for position in race. Maintaining strength.

Revisit rules and safety issues for all running, jumping and throwing events (see previous years).

Teamwork

Working together in teams to improve relays.

Analysing and helping others to achieve their best scores.

Stopwatches to time accurately and explore possible improvements.

Vocabulary (continuation from Y6)

Shot, Discus, Javelin, Triple Jump, grip, power, strength, speed, explosive, co-ordination, technique, body position, tactics.

Y7 Athletics. Aim to build upon previous learning, improve personal bests and introduce new events to Y7 like Triple Jump, Shot, Discus and Javelin.

Knowledge Organiser

Y8 Tennis

Key Skills

Racket grip / hold.

Groundstrokes: *Forehand* - smooth action from back swing to forward play.

Backhand - racket finishes high.

Volley - direction and placement of hit.

Use of topspin, slice.

Service - overarm to opponent.

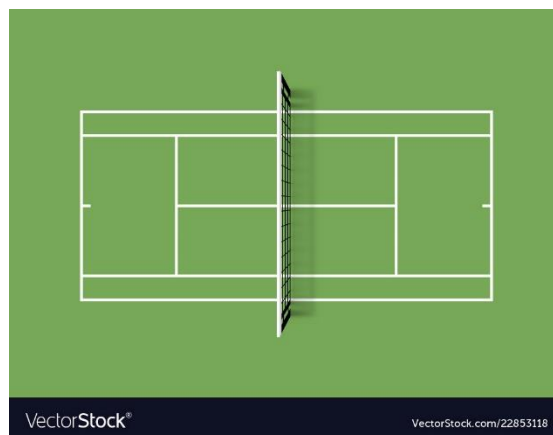
Gameplay

Returning ball with power and accuracy into space on opponent's side.

Competitive rallies.

Traditional scoring - points system.

Y8 Tennis: Aim to improve and develop court play and skills learnt in Y7 to become more accomplished players.



Key Rules

Know rules of the game.

Aim to make ball bounce twice on opponent's side/ or unable to return it.

Scoring system. 15-30-40. Deuce. Advantage. Game.

Playing areas.

Teamwork

Advice for Singles play - moving around court, placement of ball.

Doubles play - interchange of positions

Scoring correctly with opponents. Use of "Let".

Key Vocabulary:

Disguise, topspin, ready position, forehand, backhand, stroke, volley, Serving, fault, return, grip, ready position, rally, court, scoring, fault, umpire, back/ baseline, sideline, 15 - 30 - 40, deuce, advantage, game.

KS3 Striking & Fielding Knowledge Organiser



KEY SKILLS

GAME TACTICS

- Interchange of team positions during play.
- Backing up positions.
- Tactical communication between players.
- Identifying spaces on the pitch.
- Knowing specific role of each position.

Cricket Bat

Grip



Hands close

Top hand against front thigh

Fingers and thumb wrapped around the handle forming a "V"

Cricket Batting



Eyes level over toes

Side on position and relaxed

Balanced with knees bent

Feet should be parallel and a foot length apart



Rounders Batting



Stand sideway
feet shoulder width

Extend arm behind
Bat upright

Slight bend in knees
Swing through to ball
Weight transfers back to front

Long Barrier fielding

1) Line up with the roll of the ball

3) No gap between knee and heel

4) Hands cup the ball

2) Knee nearest the ball is flat on floor



KEY RULES

- Remain behind line before striking ball.
- Underarm bowl in rounders.
- Run fast between bases/stumps. No overtaking.
- Ball touches cricket stumps for run out but ball in hands to touch rounders base.

KEY WORDS

- Target
- Batting
- Bowling
- Fielding
- Long Barrier
- Wicket
- Rounder
- Cricket Run

Knowledge Organiser

Y8 ATHLETICS

Key Skills

Technique for:-

Running: 100m, 200m, 300m, 800m, Relay

Jumping: Long Jump, High Jump. Triple Jump.

Throwing: Shot, Discus, Javelin, Ball.

Game Play

Measurements, timings, scoring accurately of all events

Comparison to own times/distances set in previous years. Set goals.

Make estimations of performances/ times.

Improvements of self and others' performances.

Use of media (iPad) to record and improve techniques.



Knowledge Organiser

Y8 ATHLETICS

Key Rules

Abiding by the specific rule of each athletic event:

Throws: Throwing area, remain behind line/ circle, only throw and collect implement when told by teacher. Safe carriage of implement.

Running: Sprint/ middle distance starts.

Jumping: Take-off points, rules of landing.

Teamwork

Technique of relay - running straight/bend.

Using strengths of team members in events.

Observations and critique of performances.

Vocabulary (Continuation from Y7)

Challenge, Javelin, Shot Put, Discus, pacing, speed, flight, landing, recovery, names of muscles used, fitness, reaction, lactic acid, fatigue, stamina.

Y8 Athletics. Aim to decrease times and increase distances achieved in previous year to set new personal bests in running, jumping and throwing events.