

Introduction 2 PE Unit: 1 - Skills Knowledge Organisers - Reception

Unit Overview

Throughout this unit, pupils will explore different ways of moving within a designated area. They will follow various instructions given by the teacher, ensuring their own safety and that of their peers. This unit will also introduce pupils to different types of equipment, promoting the development of sharing and taking turns with others. Moreover, students will have the opportunity to improve their basic coordination skills through activities involving rolling various equipment.

Key Skills

- Listening
- Moving Safely
- Sharing
- Taking Turns
- Finding Space
- Hopping
- Moving Backwards
- Balancing
- Ball Control
- Running
- Jumping
- Changing Direction
- Skipping
- Coordination
- Throwing
- Catching

Key Vocabulary

Safe

Space

Bounce

Roll

Catch

Sharing

Taking Turns

Key Knowledge

Space:

- It is important to find a safe space in the area on your own.
- When moving, try and find a space that you can run, skip, hop, jog into.
- When moving around the area, watch out for others.

Sharing and Taking Turns:

- When working with others, be able to share equipment you are using.
- When working with others, be able to take turns to allow for everyone to have a turn.

Rolling:

- Non throwing hand should point towards your target.
- Create an upside down rainbow shape with the ball, releasing the ball when your arm is at the lowest point.

Fundamentals Unit: 1- Skills Knowledge Organisers - Reception

Unit Overview

In this unit, pupils will delve into a variety of movements, mastering the art of safe running and controlled stops while grasping the significance of halting securely. Additionally, they will gain proficiency in changing directions effectively. Building on this foundation, pupils will explore the principles of balance, learning diverse techniques. They will also enhance their coordination by practicing safe jumping and landing maneuvers. Moreover, pupils will refine their skills in sending and receiving various types of equipment.

Key Skills

- Running
- Side Steps
- Jumping
- Skipping
- Hopping
- Galloping
- Stopping Safely
- Landing Safely
- Balancing
- Coordination
- Throwing
- Catching
- Rolling
- Changing Direction

Key Vocabulary

Landing

Balance

Galloping

Roll

Catch

Throw

Side Steps

Key Knowledge

Rolling:

- Non throwing hand should point towards your target.
- Create an upside down rainbow shape with the ball, releasing the ball at the lowest point.

Catching:

- Spread your fingers as wide as you can
- Make a cup shape with your hands for the ball to land in. Both little fingers should be touching.

Throwing:

- Non throwing hand should point towards your target.
- Create an upside down rainbow shape with the ball, releasing the ball on the way up.

Fundamentals - Skills Knowledge Organisers

- Year 1

Unit Overview

In this unit, pupils will explore fundamental movement skills, including various types of movements and safe sprinting techniques. They will learn about balancing and landing safely, followed by practicing dodging to evade taggers. The unit will also cover jumping, hopping, and skipping skills, as well as developing coordination through movement patterns. Pupils will acquire basic throwing and catching techniques while engaging in fun activities and games. The unit will conclude with a review and assessment, providing an opportunity for pupils to showcase their progress and teamwork while fostering a positive attitude toward physical activity.

Key Skills

- Running
- Side Steps
- Jumping
- Skipping
- Hopping
- Galloping
- Sprinting
- Landing Safely
- Balancing
- Coordination
- Throwing
- Catching
- Rolling
- Dodging

Key Vocabulary

Landing

Balance

Dodging

Roll

Catch

Throw

Sprinting

Key Knowledge

Dodging:

- Push off quickly to change direction with your feet.
- Turn your hips and shoulder to face the new direction you are travelling in

Sprinting

- Sprint on your toes.
- Drive your arms up in a straight line from your shorts pockets to chin.
- Keep your head looking the way you are moving in.

Balancing:

- Focus on one spot with your eyes.
- Squeeze your muscles and put your arms out wide to help you maintain your balance.

Invasion Games - Skills Knowledge Organisers - Year 1

Unit Overview

In this unit, pupils will delve into the exciting world of invasion games. The unit will concentrate on essential skills like passing, maintaining possession, and teamwork, with a focus on attacking strategies and supporting play. Pupils will learn how to attack into designated zones, collaborate as a team to score goals, and master the art of marking opponents. Through engaging activities and games, they will develop their understanding of attacking in a team, making effective passes, and maintaining control of the game. The unit will culminate in a comprehensive review and assessment, allowing pupils to demonstrate their newly acquired skills and their ability to work together as a cohesive team.

Key Skills

- Passing
- Receiving
- Attacking
- Defending
- Scoring
- Marking
- Teamwork
- Possession
- Intercepting
- Dribbling
- Supporting

Key Vocabulary

Passing

Possession

Attacking

Defending

Teamwork

Supporting

Marking

Dribbling

Key Knowledge

Passing:

- Hold the ball with your hands in a 'W' shape.
- Step into the pass, push and point with arms and hands where you want the ball to go.

Marking:

- Stay close to the attacker when they change direction.
- Stand side on to the opponent you are marking.
- Stand in between the passer and the attacker looking to receive the ball.

Working as a Team:

- Move into a space away from the defenders creating an option for your teammates to pass to.
- Communicate to your teammates about receiving the ball.

Fundamentals - Skills Knowledge Organisers

- Year 2

Unit Overview

Building upon the foundation laid in Year 1, pupils will dive deeper into various forms of movement, honing their running and stopping techniques while prioritising safety. The unit will further explore changing direction effectively, refining balancing skills, and mastering the art of jumping and landing safely. Coordination will be a key aspect as pupils engage in more intricate activities, fostering improved motor skills. Additionally, throwing and catching skills will be enhanced through progressive exercises. This unit serves as a stepping stone from Year 1 fundamentals, offering a well-rounded approach to physical development and preparing pupils for more advanced challenges in the future.

Key Skills

- Running
- Side Steps
- Jumping
- Skipping
- Hopping
- Galloping
- Dodging
- Landing Safely
- Balancing
- Coordination
- Throwing
- Catching
- Rolling

Key Vocabulary

Landing

Balance

Dodging

Roll

Catch

Throw

Coordination

Key Knowledge

Dodging:

- Push off quickly to change direction with your feet.
- Turn your hips and shoulder to face the new direction you are travelling in

Sprinting

- Sprint on your toes.
- Drive your arms up in a straight line from your shorts pockets to chin.
- Keep your head looking the way you are moving in.

Balancing:

- Focus on one spot with your eyes.
- Squeeze your muscles and put your arms out wide to help you maintain your balance.

Invasion Games - Skills Knowledge Organisers - Year 2

Unit Overview

In this unit, pupils will hone in on their possession skills, teaching students how to adeptly pass and dribble to maintain control of the ball. Building upon this foundation, the unit progresses to impart the art of shooting accurately to score goals. Equally vital is the skill of regaining possession, where students will learn to intercept passes and put pressure on opponents defensively. As the unit evolves, students will delve into strategies for thwarting opponents' scoring attempts, fostering teamwork, effective marking, and strategic delay tactics. The unit culminates in a comprehensive understanding of collaborative goal-scoring techniques, encompassing coordination, communication, and cohesive team dynamics.

Key Skills

- Passing
- Shooting
- Intercepting
- Defending
- Delaying
- Supporting
- Dribbling
- Teamwork
- Attacking
- Marking
- Possession
- Receiving

Key Vocabulary

Passing

Possession

Attacking

Defending

Shooting

Intercepting

Marking

Delaying

Key Knowledge

Passing:

- Hold the ball with your hands in a 'W' shape.
- Step into the pass, push and point with arms and hands where you want the ball to go.

Marking:

- Stay close to the attacker when they change direction.
- Stand side on to the opponent you are marking.
- Stand in between the passer and the attacker looking to receive the ball.

Working as a Team:

- Move into a space away from the defenders creating an option for your teammates to pass to.
- Communicate to your teammates about receiving the ball.

Netball - Skills Organisers - Year 3

Unit Overview

In this unit, pupils will focus on mastering netball passes, seamless movement, strategic dodging, accurate shooting, effective defense, and understanding the basic rules of hi-five netball. The curriculum aims to develop a comprehensive skill set by delving into various passes, combining passing with agile court movement, and honing shooting and defensive techniques. Additionally, pupils will grasp the rules of hi-five netball and apply their skills in match-based games.

Key Skills

- Passing
- Shooting
- Defending
- Attacking
- Catching
- Balance
- Dodging
- Defending
- Pivoting
- Agility
- Speed

Key Vocabulary

Dodge

Chest Pass

Receiver

Rules

Bounce Pass

Shoulder Pass

Marking

Intercepting

Key Knowledge

Dodge:

- Losing your opponent by moving away from them in order to receive a pass.

Pivoting:

- The pivot foot remains planted on the ground whilst the other foot can move in any direction.

Held Ball:

- Holding the ball for longer than 4 seconds. If this occurs the ball goes to the other team.

Key Rules

Starting the game: The ball begins in the middle of the court. Alternate the centre pass after a goal has been scored.

Pass: You have a maximum of 4 seconds to pass the ball.

Scoring: A goal is scored by shooting the ball through the hoop.

Defending:

- Defenders must be 1m away from the ball holder.
- You cannot take the ball out of the ball holders hands.
- Not allowed to touch an opponent

Handball - Skills Knowledge Organisers - Year 3

Unit Overview

In this unit, pupils will delve into refining their foundational skills while embracing more advanced techniques. The curriculum centers on mastering key aspects of handball, such as accurate passing, effective dribbling, and precision shooting. Students will also sharpen their individual and team defending strategies, learning to anticipate opponents' movements and create defensive walls. A significant emphasis will be placed on finding open spaces on the court and executing attacking plays while maintaining possession. Through engaging gameplay scenarios, students will consolidate their skills, showcase their understanding of teamwork, and demonstrate their growth in the sport, showcasing their development since earlier years.

Key Knowledge

Dribbling:

- When dribbling with the ball pupils can take three steps and then must bounce the ball. Pupils can then decide whether to pass, shoot or dribble
- If pupils decide to dribble they can take another three steps before they must pass or shoot.

Passing:

- Chest pass or bounce pass

Intercept:

- Stopping an opposing player passing to a teammate

Key Skills

- Throwing
- Catching
- Dodging
- Running
- Dribbling
- Agility
- Power
- Shooting
- Attacking
- Defending
- Marking
- Delaying
- Teamwork
- Coordination

Key Rules

Magic 3's: Pupils are allowed to take 3 steps before a bounce, upon this bounce pupils can either pass, shoot or take an additional 3 steps. After the second 3 steps pupils must pass or shoot.

Goal Area: The goalkeeper is the only player allowed inside of the semi circle.

Scoring:

- A goal is scored by throwing the ball into the opponents net from outside of their semi circle
- The play restarts with the goalkeeper.

No Contact: Defenders can only intercept or block

Key Vocabulary

Bounce Pass

Chest Pass

Dribbling

Ball Control

Intercepting

Identifying Space

Ball Control

Travelling

Netball - Skills Knowledge Organisers - Year 4

Unit Overview

In this unit, the core focus will be on refining passing and movement strategies within attacking zones, enabling pupils to make effective decisions while on the move. They will advance their skills by mastering the art of dodging defenders to create space for receiving the ball. Additionally, pupils will work on shooting techniques, honing their ability to score under pressure. The defensive aspect of the game will also be heightened, with a focus on marking attackers and intercepting passes. Building upon their understanding from Year 3, pupils will continue to grasp the rules of hi-five netball, applying these regulations in a conditioned game setting that challenges their understanding of teamwork, positioning, and strategic thinking. This unit represents a natural progression from Year 3, nurturing pupils' growth as confident and skilled netball players.

Key Knowledge

Attacker:

- The attacking team in netball are the team in possession of the ball and the attackers are attempting to score a goal.

Defender:

- The aim is to gain possession of the ball from the attacking team.

Landing Foot:

- First foot that touches the ground when you catch the ball is called the landing foot.

Marking:

- To mark a player you follow their movements to try and stop them shooting or passing, and so that you can regain possession.

Key Skills

- Passing
- Shooting
- Defending
- Attacking
- Catching
- Balance
- Dodging
- Defending
- Pivoting
- Agility
- Speed
- Marking

Key Rules

Starting the game: The ball begins in the middle of the court. Alternate the centre pass after a goal has been scored.

Pass: You have a maximum of 4 seconds to pass the ball.

Scoring: A goal is scored by shooting the ball through the hoop.

Defending:

- Defenders must be 1m away from the ball holder.
- You cannot take the ball out of the ball holders hands.
- Not allowed to touch an opponent

Key Vocabulary

Dodge

Attacker

Defender

Control

Contact

Pivoting

Landing Foot

Intercepting

Tag Rugby - Skills Knowledge Organisers

- Year 4

Unit Overview

In this Year 4 tag rugby unit, pupils will delve into the dynamic world of tag rugby, building upon their fundamental skills. Emphasis will be placed on mastering dodging techniques, enabling pupils to evade defenders effectively. They will further develop their running skills while carrying the ball and practice making calculated decisions on whether to pass or continue running based on game situations. Pupils will refine their passing abilities, ensuring accurate delivery to teammates. The unit will also cover the crucial aspects of tagging opponents, fostering defensive skills and strategic positioning. Moreover, pupils will gain a comprehensive understanding of the rules of defending, enhancing their ability to intercept passes and halt opponents' progress. Through this unit, Year 4 pupils will not only refine their tag rugby prowess but also reinforce their teamwork, decision-making, and sportsmanship attributes.

Key Skills

- Throw
- Dodge
- Speed
- Balance
- Change of Direction
- Decision Making
- Catch
- Run
- Agility
- Coordination
- Communication
- Movement

Key Vocabulary

Rules

Passive Defending

Active Defending

Dodging

Non Contact

Tagging

Defending

Communicate

Key Knowledge

Passive Defending:

- A defender that puts pressure on an attacker by marking/following them, but cannot touch or tag the player.

Active Defending:

- Can actively defend and try and tag the attacker.

Non Contact:

- Tag Rugby is a non contact game. Pupils are to attempt to take the tag belts fairly.

Key Rules

Number of players: Each team can have 7 players on the pitch at one time.

Passing: Never pass forwards, passes can only be backwards or to the side.

Tagging: When tagging a player stop and call out tag. The tagger must hand the tag back and not throw it. The tagged player has 3 seconds to pass the ball sideways or backwards to another teammate.

Possession: Can only be gained by interception, running out of play or catching a loose pass.

Scoring: A try is scored by the attacking team when they place the ball on the ground, on or over the try line

Football - Skills Knowledge Organisers - Year 5

Unit Overview

Expanding upon the groundwork laid in Year 4, the Year 5 football unit is designed to elevate students' proficiency in the sport. Concentrating on dribbling techniques while facing defensive pressure, refining turning maneuvers while maintaining possession, making critical decisions between passing and dribbling, mastering accurate shots into the goal's corners, perfecting standing tackles for effective defense, mastering the art of moving into advantageous spaces off the ball, and skillfully transferring these abilities into realistic match scenarios. This unit ensures a seamless progression from the prior year, allowing pupils to develop more nuanced skills, strategic thinking, and collaborative team dynamics.

Key Knowledge

Attacking:

- Spread out when your goalkeeper has the ball
- When a player in your team has the ball, move into space and create an option for them to pass to.
- Pass to feet when possible, if not pass into space for a teammate to run onto the ball.
- Make the decision whether to pass or dribble.

Defending:

- Nearest player to the ball should go to try and tackle.
- Work as a team to win the ball back.
- No slide tackles.

Key Skills

- Kicking
- Speed
- Reaction
- Balance
- Passing
- Shooting
- Running
- Strength
- Agility
- Coordination
- Dribbling
- Turning

Key Rules

Size of the ball: Size 3

Starting the game: Teams will be told which way they are shooting at the start of the game

- The ball starts in the centre of the pitch with a kick off for one team.
- A goal cannot be scored directly from the start or restart of play.

Out of play: If the ball goes off the side of the pitch the ball restarts with a throw in for the team that didn't last touch the ball.

If the ball goes off at the goal line:

- By attacking team - it is a goal kick
- By defending team - it is a corner

Key Vocabulary

Rules

Possession

Technique

Intercept

Dribbling

Accelerate

Body Position

Communicate

Tag Rugby - Skills Knowledge Organisers

- Year 5

Unit Overview

Building upon the Year 4 foundation, the Year 5 tag rugby unit advances pupils' expertise in the sport. This unit centers on refining dodging techniques to outmaneuver defenders, honing passing accuracy, mastering effective tagging, strategically advancing towards a goal, tactically defending in dynamic game scenarios, orchestrating offensive plays using formations, and seamlessly integrating rule comprehension into actual gameplay. This progressive approach ensures a seamless transition from the previous year, enabling pupils to develop more advanced skills, strategic acumen, and team synergy, fostering a comprehensive and mature understanding of tag rugby.

Key Knowledge

Shapes:

- A formation to use when attacking.
- A formation to use when defending.

Agility:

- In Tag Rugby you need to be able to change direction quickly to avoid being tagged. You also need to do this while holding a ball.

Non Contact:

- Tag Rugby is a non contact game. Pupils are to attempt to take the tag belts fairly.

Key Skills

- Throw
- Dodge
- Speed
- Balance
- Change of Direction
- Decision Making
- Catch
- Run
- Agility
- Coordination
- Communication
- Movement

Key Rules

Number of players: Each team can have 7 players on the pitch at one time.

Passing: Never pass forwards, passes can only be backwards or to the side.

Tagging: When tagging a player stop and call out tag. The tagger must hand the tag back and not throw it. The tagged player has 3 seconds to pass the ball sideways or backwards to another teammate.

Possession: Can only be gained by interception, running out of play or catching a loose pass.

Scoring: A try is scored by the attacking team when they place the ball on the ground, on or over the try line

Key Vocabulary

Rules

Intercept

Attacking

Dodging

Defending

Tagging

Shapes

Communicate

Football - Skills Knowledge Organisers - Year 6

Unit Overview

Building upon the skills acquired in Year 5, the Year 6 football unit delves deeper into the intricacies of the sport. This unit hones pupils' abilities in dribbling under pressure, enhancing dribbling and turning techniques, refining passing accuracy to benefit the team's movement, mastering the art of shooting accurately into the goal's corners, elevating defensive strategies to regain possession effectively, excelling in 1v1 attacking situations, and seamlessly integrating acquired skills and rules into competitive game scenarios. This progression from the previous year empowers pupils with advanced proficiency, strategic prowess, and a comprehensive understanding of football, preparing them for both recreational enjoyment and potential future endeavors in the sport.

Key Knowledge

Turns:

- Inside hook
- Outside hook
- Drag back

Laces:

- This is a technique you may use when striking the ball for power and to keep it low (using your laces on your boot to strike through the ball).

Tactics:

- Actions and strategies are planned to achieve an overall objective - in sport that objective is predominantly to win.

Key Skills

- Kicking
- Speed
- Reaction
- Balance
- Passing
- Shooting
- Running
- Strength
- Agility
- Coordination
- Dribbling
- Turning

Key Rules

Size of the ball: Size 4

Starting the game: Teams will be told which way they are shooting at the start of the game

- The ball starts in the centre of the pitch with a kick off for one team.
- A goal cannot be scored directly from the start or restart of play.

Out of play: If the ball goes off the side of the pitch the ball restarts with a throw in for the team that didn't last touch the ball.

If the ball goes off at the goal line:

- By attacking team - it is a goal kick
- By defending team - it is a corner

Key Vocabulary

Tactics

Power

Laces

Turn

Off the ball

Space

Speed

1v1

Tag Rugby - Skills Knowledge Organisers - Year 6

Unit Overview

Continuing from the foundation laid in Year 5, the Year 6 tag rugby unit delves into the intricacies of the sport. Pupils will enhance their dodging techniques to effectively maneuver around defenders, make strategic decisions about passing or running, sharpen their skills in transitioning from a defender to an attacker, excel in attacking towards the goal, further develop teamwork in crafting cohesive plays to score, and implement the rules of tag rugby to dynamic match scenarios. This progression builds upon the skills and knowledge acquired in the previous year, equipping pupils with advanced competence, tactical acumen, and a well-rounded understanding of tag rugby, fostering both their enjoyment of the game and potential future involvement in the sport.

Key Skills

- Throw
- Dodge
- Speed
- Balance
- Change of Direction
- Decision Making
- Catch
- Run
- Agility
- Coordination
- Communication
- Movement

Key Vocabulary

Tactics

Zone

Match

Support

Leadership

Timing

Shapes

Communicate

Key Knowledge

Timing:

- If you get your timing right when you are attacking you can take a defender out of the game. When the defender is running towards you pass when they are just in front of you taking them out the game and leaving a gap in defence.

Tactics:

- Actions and strategies are planned to achieve an overall objective - in sport that objective is predominantly to win.

Key Rules

Number of players: Each team can have 7 players on the pitch at one time.

Passing: Never pass forwards, passes can only be backwards or to the side.

Tagging: When tagging a player stop and call out tag. The tagger must hand the tag back and not throw it. The tagged player has 3 seconds to pass the ball sideways or backwards to another teammate.

Possession: Can only be gained by interception, running out of play or catching a loose pass.

Scoring: A try is scored by the attacking team when they place the ball on the ground, on or over the try line