

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

Unit Overview

Building on the foundational skills introduced in Unit 1, this 7-week Physical Education unit aims to further develop fundamental movement skills and concepts. Pupils will engage in a variety of activities designed to enhance their physical literacy, focusing on moving around in space while avoiding others, taking turns, and working collaboratively.

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.

Dance - Skills Knowledge Organisers - Reception

Unit Overview

In this unit, pupils will experiment with different ways of moving to music. Pupils will learn through dance how to use actions to show the different types of dinosaurs, to use dynamics to show a herbivore travelling, to use facial expressions and body to show the features of a carnivore, to use levels to move like a flying dinosaur, to use call and respond to show swimming reptiles hunting prey and to use all the dance techniques learned to use during a performance.

Key Skills

- Levels
- Balance
- Coordination
- Call & Response
- Facial expressions
- Directions
- Agility
- Listening
- Travelling
- Dynamics

Key Vocabulary

Space

Perform

Levels

Call & Response

Travelling

Facial Expressions

Dynamics

Key Knowledge

Space:

- When dancing or moving around, it is important to look out for others and make sure others are kept safe.

Perform:

- This is when you show the dances that you have created to an audience.
- It is important, if you are watching, to sit down quietly to show respect to anyone that may be performing.

Gymnastics - Skills Knowledge Organisers - Year 1

Unit Overview

Over seven weeks, pupils will build on gymnastic basics from reception, focusing on shapes, balances, movements along apparatus, jumping and landing, various rolls, quarter and half jumps. The unit culminates in a final performance, encouraging pupils to showcase their skills in a dynamics routine. Assessment criteria include precise shapes, smooth transitions, confident jumps/rolls, and collaborative participation. The unit aims to foster physical development, spatial awareness, and creative expression through gymnastics.

Key Skills

- Jumps
- Balances
- Movements
- Half Jumps
- Quarter Jumps
- Rolls
- Shapes
- Landing
- Performance

Key Vocabulary

Pike

Tuck

Pencil

Star

Egg

Roll

Balance

Key Knowledge

Shapes:

- Keep strong-when performing the shape: Pencil, Star, Pike, Straddle, Tuck

Jumps:

- Land on two feet and bend knees, swing arms for momentum.

Balances:

- Hold shapes for three seconds

Rolls:

- Tuck your head in when rolling

Sending & Receiving - Skills Knowledge Organisers - Year 1

Unit Overview

In this year 1 unit, pupils will explore fundamental motor skills related to sending and receiving. They will focus on sliding and rolling various equipment, such as balls and beanbags, while developing coordination and spatial awareness. The unit progresses to activities involving rolling towards a moving target, enhancing precision and tracking abilities. Pupils will also engage in throwing exercises aimed at static targets, refining their aim and strength. Additionally, the curriculum includes drills on receiving using feet, promoting balance and agility. Throughout, pupils will develop fundamental skills essential for future physical activities and sports.

Key Skills

- Rolling
- Throwing
- Accuracy
- Coordination
- Agility
- Sliding
- Receiving
- Balance
- Catching
- Ball control

Key Vocabulary

Rolling

Sliding

Throwing

Catching

Control

Aiming

Accuracy

Passing

Key Knowledge

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.

Catching:

- Bring your small fingers together so they are touching each other.
- Cup your hands together creating a cup shape
- Bring the ball into your chest once caught to stop it coming out.

Gymnastics - Skills Knowledge Organisers - Year 2

Unit Overview

In this gymnastics unit, Year 2 pupils will embark on an exciting journey to discover the fundamentals of gymnastics, building a foundation for body awareness, coordination, and creativity. The unit will cover various elements, including shapes, jumps, rolls, individual balances, creative ways to travel, using apparatus, and creating gymnastic sequences.

Key Skills

- Jumps
- Balances
- Movements
- Travelling
- Strength
- Coordination
- Rolls
- Shapes
- Landing
- Performance
- Control
- Strength

Key Vocabulary

Tuck

Star

Pike

Pencil

Straddle

Rolls

Sequences

Key Knowledge

Shapes:

- Have a tight body. Squeeze every muscle, extend fingers and toes.

Jumps:

- Bend knees when taking off and bend knees upon landing.

Sequence:

- To show a clear start, middle and finish with good control.

Rolls

- Ensure that your head is tucked in when rolling.

Sending & Receiving - Skills Knowledge Organisers - Year 2

Unit Overview

Building upon the foundation laid in Year 1, this unit for Year 2 pupils delves deeper into the skills of sending and receiving. The focus is on rolling and throwing, ways to receive a rolling ball, sending and receiving by using your feet, underarm throwing, overarm throwing and catching and aiming towards a target using your feet.

Key Skills

- Rolling
- Throwing
- Accuracy
- Coordination
- Agility
- Sliding
- Receiving
- Balance
- Catching
- Ball control

Key Vocabulary

Rolling

Throwing

Receiving

Passing

Underarm

Overarm

Aiming

Catching

Key Knowledge

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.

Catching:

- Bring your small fingers together so they are touching each other.
- Cup your hands together creating a cup shape
- Bring the ball into your chest once caught to stop it coming out.

Dance - Skills Knowledge Organisers - Year 3

Unit Overview

In this unit, pupils will experiment with different ways of moving in unison to music. Pupils will learn through dance how to use actions to create a rocket blast off, to use travel to move like an astronaut, to use levels to become a planet, to use facial expressions and movement to travel as an alien, to create a motif for a verse of the poem, and to use all dance techniques learned to use during a performance.

Key Skills

- Levels
- Balance
- Coordination
- Timing
- Facial Expressions
- Directions
- Agility
- Unison
- Travel
- Movements

Key Vocabulary

Space

Levels

Unison

Timing

Facial
Expressions

Travel

Motif

Creative

Key Knowledge

Timing:

- Listen to music, use counts to help you keep in time.

Travelling:

- To move from one place to another.

Levels:

- The three levels of dance movement are high, middle, and low.

Control:

- The ability to start and stop movement, change direction and hold a shape efficiently.

Basketball - Skills Knowledge Organisers - Year 3

Unit Overview

In this basketball unit tailored for Year 3 pupils, the focus is on developing fundamental skills and understanding the team dynamics of the game. This unit emphasises the development of dribbling, pivoting, footwork, shooting, passing, marking opponents, understanding the rules of the game, and applying these skills in gameplay scenarios. Through a mix of skill-building exercises, drills, and modified games, pupils will enhance their basketball techniques and their understanding of teamwork within the sport.

Key Knowledge

BEEF Shooting:

- Balance, feet shoulder width apart.
- Elbow, the power hand is placed at the back of the balloon and the elbow points at the target.
- Extension, extend the power arm and hand towards the target
- Follow through, wave the ball goodbye to put a bit of backspin on the ball.

Key Skills

- Passing
- Agility
- Balance
- Receiving
- Tackling
- Coordination
- Defending
- Running
- Speed
- Dribbling
- Shooting
- Teamwork
- Reaction
- Attacking

Key Rules

- **Double Dribble:** When a pupil dribbles the ball with two hands at the same time or starts to dribble again after stopping.
- **Out of Bounds:** If a team lose possession of a ball and it goes out of bounds, then a free pass is awarded to the opposition.
- **Tip Off:** To re-start or put the ball in play by throwing it up between two opponents.
- **Travelling:** When a player takes too many steps with the ball in their hands without dribbling the ball

Key Vocabulary

Bounce Pass

Chest Pass

Dribbling

Tracking

Shielding

Protecting

B.E.E.F

Shooting

Dance - Skills Knowledge Organisers - Year 4

Unit Overview

In this unit, pupils will experiment using creative actions and unison to show features of Our World. Pupils will use gesture and direction to demonstrate the seven continents. To use levels and mirror image to demonstrate the creation of mountains, to use canon to show the four layers of a rainforest. To use facial expression and dynamics to be different animals that share our planet. To use actions, travel, mirror image, pathways and facial expressions to demonstrate all the features of Our Amazing World, and to be able to use all the dance techniques to demonstrate Our Amazing World.

Key Skills

- Levels
- Balance
- Coordination
- Pathways
- Facial Expressions
- Gesture
- Canon
- Directions
- Agility
- Unison
- Travel
- Movements
- Mirror Image
- Dynamics

Key Vocabulary

Travel

Actions

Mirror Image

Pathways

Facial
Expressions

Dynamics

Canon

Gesture

Key Knowledge

Timing:

- Listen to music, use counts to help you keep in time.

Travelling:

- To move from one place to another.

Levels:

- The three levels of dance movement are high, middle, and low.

Control:

- The ability to start and stop movement, change direction and hold a shape efficiently.

Handball - Skills Organisers - Year 4

Unit Overview

In this handball unit tailored for Year 4 pupils, the focus is on developing fundamental skills and understanding the team dynamics of the game. This unit emphasises the development of dribbling, bounce and overarm passing, shooting, intercepting, attacking as a team, attacking when outnumbering the opposition and applying these skills in gameplay scenarios.

Key Skills

- Passing
- Agility
- Balance
- Intercepting
- Tackling
- Coordination
- Dribbling
- Speed
- Attacking
- Shooting
- Teamwork
- Reaction

Key Vocabulary

Rules

Passing

Outnumbering

Drive Shot

Attacking

Intercepting

Defending

Non-contact

Key Knowledge

Attacking:

- The team with the ball attempts to score a goal in the opponents net by shooting (throwing the ball into the goal)

Defending:

- A defending team tries to stop the other team scoring by blocking or intercepting the ball to regain possession of the ball.
- Once they have the ball, they become the attacking team.

Key Rules

Number of players:

5v5

Starting the game:

Game is started by a 'throw off'

Courts:

- The goalkeeper is the only player inside the semi circle.

Rules:

- A goal is scored by throwing the ball into the oppositions net.
- After a goal is scored play is restarted by the GK.
- If the goalkeeper saves a ball, play is restarted by the GK.
- Players are allowed to take 3 steps with the ball, they must then bounce the ball and then can move another 3 steps. After they must pass or shoot.
- Taking more than 6 steps in total. Free-throw is given to the other team
- No contact, pupils can intercept or block however.
- You have 5 seconds to hold the ball, then you must pass or shoot.

Dance - Skills Knowledge Organisers - Year 5

Unit Overview

In this unit, pupils will experiment using creative actions and unison to demonstrate the key themes of climate change. To use levels and pathways to demonstrate the causes of pollution, to use facial expression and posture to demonstrate deforestation and its effect on life. To use dynamics and mirror image to demonstrate a range of weather conditions. To use canon and gesture to demonstrate recycling and to use all the dance techniques to demonstrate climate change.

Key Skills

- Creative actions
- Levels
- Facial Expression
- Dynamics
- Canon
- Unison
- Pathways
- Posture
- Mirror Image
- Gesture

Key Knowledge

Facial Expression:

- To show emotions with your face and movement of the face to show emotion

Unison:

- To move all together.

Posture:

- To use your torso to demonstrate feelings.

Dynamics:

- How you move (softly, jagged)

Key Vocabulary

Creative Actions

Unison

Levels

Pathways

Posture

Facial Expression

Dynamics

Mirror Image

Handball - Skills Knowledge Organisers - Year 5

Unit Overview

In this handball unit tailored for Year 5 pupils, the focus is on developing fundamental skills and understanding the team dynamics of the game. This unit emphasises the development of dribbling, bounce and overarm passing, shooting, defending & blocking an opponent, finding space when attacking, applying the rules as a ref, applying these skills in gameplay scenarios.

Key Skills

- Passing
- Agility
- Balance
- Intercepting
- Tackling
- Coordination
- Dribbling
- Speed
- Attacking
- Shooting
- Teamwork
- Reaction

Key Vocabulary

Dribbling

Passing

Drive Shot

Shooting

Finding Space

Defending

Attacking

Blocking

Key Knowledge

Attacking:

- The team with the ball attempts to score a goal in the opponents net by shooting (throwing the ball into the goal)

Defending:

- A defending team tries to stop the other team scoring by blocking or intercepting the ball to regain possession of the ball.
- Once they have the ball, they become the attacking team.

Key Rules

Number of players:

5v5

Starting the game:

Game is started by a 'throw off'

Courts:

- The goalkeeper is the only player inside the semi circle.

Rules:

- A goal is scored by throwing the ball into the oppositions net.
- After a goal is scored play is restarted by the GK.
- If the goalkeeper saves a ball, play is restarted by the GK.
- Players are allowed to take 3 steps with the ball, they must then bounce the ball and then can move another 3 steps. After they must pass or shoot.
- Taking more than 6 steps in total. Free-throw is given to the other team
- No contact, pupils can intercept or block however.
- You have 5 seconds to hold the ball, then you must pass or shoot.

Dance - Skills Knowledge Organisers - Year 6

Unit Overview

In this unit, pupils will experiment using creative actions and unison to demonstrate the key themes of the Ancient Mayans. To use levels and posture to demonstrate the range of people and roles in Ancient Maya. To use direction and canon to create a Mayan building. To use facial expression and call and respond to demonstrate the details of Xibalba. To use gesture and dynamics to demonstrate the key themes of Ancient Maya and to use all the dance techniques to demonstrate Ancient Maya.

Key Skills

- Creative Actions
- Levels
- Direction
- Facial expression
- Gesture
- Unison
- Posture
- Canon
- Call & Respond
- Dynamics

Key Vocabulary

Unison

Levels

Posture

Direction

Canon

Call and Respond

Gesture

Dynamics

Key Knowledge

Call and Respond:

- To move in reaction to another's movement.

Levels:

- To move high or low.

Posture:

- To use your torso to demonstrate feelings.

Gesture:

- To use your body to communicate without words.

Handball - Skills Knowledge Organisers - Year 6

Unit Overview

In this handball unit tailored for Year 6 pupils, the focus is on developing fundamental skills and understanding the team dynamics of the game. This unit emphasises the development of dribbling, passing and catching, jump shot, defending, delaying and blocking, finding space as an attacker, defending to regain possession, and applying these skills in gameplay scenarios.

Key Skills

- Throw
- Power
- Balance
- Coordination
- Jump
- Speed
- Agility
- Catch
- Dodge
- Run
- Dribble
- Shooting

Key Vocabulary

Jump Shot

Overhead

Pressure

Block

Possession

Passive Defender

Mark

Shooting

Key Knowledge

Passive defender:

- Puts pressure on a player by marking / following them, but cannot touch the player / ball

Possession:

- Is having control of the ball by one team, which can give that team the opportunity to score.

Jump shot:

- The vertical jump shot is thrown with power and speed downward into the opponent's goal.
- The angle / speed makes it hard for the opponent or goalkeeper to stop.

Key Rules

Number of players:

5v5

Starting the game:

Game is started by a 'throw off'

Courts:

- The goalkeeper is the only player inside the semi circle.

Rules:

- A goal is scored by throwing the ball into the oppositions net.
- After a goal is scored play is restarted by the GK.
- If the goalkeeper saves a ball, play is restarted by the GK.
- Players are allowed to take 3 steps with the ball, they must then bounce the ball and then can move another 3 steps. After they must pass or shoot.
- Taking more than 6 steps in total. Free-throw is given to the other team
- No contact, pupils can intercept or block however.
- You have 5 seconds to hold the ball, then you must pass or shoot.