

Gymnastics - Skills Knowledge Organisers - Reception

Unit Overview

Over the 7-week gymnastics unit designed for reception class, we progressively introduce fundamental skills. During this unit pupils will focus on body awareness and basic shapes, individual balances, explore partner and group balances, focus on creative movements to move around a mat, leading to the incorporation of these movements into gymnastics routines. Shapes in jumps and how to land safely. Different types of rolls and performing these safely and controlled. The unit concludes in week seven with the creation and performance of a gymnastics routine, showcasing skills learned throughout the program.

Key Skills

- Shapes
- Rolls
- Coordination
- Agility
- Balance
- Jumps
- Balances
- Strength
- Flexibility
- Movements

Key Vocabulary

Jump

Safe

Stretch

Move

Landing

Star

Pencil

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 five seconds

Rolls:

- Tuck your head in when rolling

Ball Skills: Unit 2 - Skills Knowledge Organisers - Reception

Unit Overview

In this unit, pupils will build upon the foundational knowledge gained in the previous ball skills module. The focus now shifts to refining techniques in dribbling, utilising both feet and hands. Pupils will engage in dynamic activities such as dribbling with their feet while changing directions, as well as incorporating directional changes in hand dribbling. The unit also introduces precision skills, including rolling a ball toward a moving target, throwing a ball accurately at a mobile target, and demonstrating accuracy in knocking down targets with a football using their feet. This comprehensive approach aims to enhance pupils' overall ball-handling proficiency and precision in various dynamic scenarios.

Key Skills

- Running
- Roll
- Catch
- Passing
- Changing Direction
- Throw
- Agility
- Dribble
- Coordination

Key Knowledge

Dribbling the ball with your feet

- Head: Look up to see what's around you and to make sure you keep yourself and others safe.
- Body: Use small touches to keep the ball close to your body so it's under control.
- Feet: Use the inside of your feet to dribble with the ball.

Dribbling the ball with your hands

- Head: Look up to see what's around you and to make sure you keep yourself and others safe.
- Push the ball down using your finger tips when dribbling.
- Ball should be bounced at waist height

Key Vocabulary

Throw

Rolling

Passing

Dribbling

Catch

Aiming

Changing Direction

Dance - Skills Knowledge Organisers - Year 1

Unit Overview

In this unit, pupils will build upon the foundations established during their reception year in dance. The exploration goes beyond basic movements, as they delve into the creative realm of expressing animal characteristics. Using imaginative actions, pupils will embody various features of animals, employing dynamics and facial expressions to vividly transform into safari creatures. They'll play with levels and directions to portray diverse-sized farm animals, utilise mirror imaging to depict the unique relationship between pets and their owners, and incorporate pathways and travel to illustrate the distinct movements of animals. By drawing inspiration from an animal poem, pupils will craft choreography that embodies the essence of different creatures. Throughout, all dance techniques learned will converge to eloquently showcase their newfound understanding of the animal kingdom.

Key Skills

- Creative movements - Dynamics
- Facial expressions - Levels
- Direction - Mirror image
- Pathways - Travel

Key Vocabulary

Creative
Movements

Dynamics

Facial
Expressions

Levels

Mirror image

Pathways

Travel

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.

Mirror image:

- To face each other and move in sync.

Net & Wall Games - Skills Knowledge Organisers - Year 1

Unit Overview

This unit centres around net and wall games, honing in on essential skills such as 'W' catching, precise underarm throwing, skillful bouncing of the ball towards a target, adept hand rallying, becoming familiar with racket techniques, and mastering the art of controlling the ball with a racket.

Key Skills

- Catching
- Bouncing
- Control
- Balance
- Throwing
- Rallying
- Coordination
- Agility

Key Vocabulary

'W' Catch

Underarm Throw

Bouncing

Rallying

Control

Racket Familiarity

Rallying

Coordination

Key Knowledge

'W' Catching

- Bring your hands into a 'W' position by bringing your thumbs together and curving your hands ready to catch the ball
- Watch the ball into your hands

Bouncing:

- Push the ball with your fingertips downwards towards the ground

Dance - Skills Knowledge Organisers - Year 2

Unit Overview

In this dance unit, pupils will deepen their understanding of techniques introduced during year 1. They will concentrate on employing creative actions and achieving unison to portray characters from stories. Additionally, they will utilize facial expressions and dynamics to embody the essence of monsters, while exploring travel and posture to emulate the movement of dragons. Furthermore, they will incorporate gesture and mirror imaging to showcase a variety of magical powers, and explore levels and call-and-response to illustrate unlikely friendships. Employing canon, pupils will vividly portray the life of a pirate. Lastly, they will integrate all the dance techniques they've learned into a cohesive performance.

Key Skills

- Creative actions
- Facial expressions
- Travel
- Gesture
- Levels
- Call and respond
- Unison
- Dynamics
- Posture
- Mirror image
- Canon

Key Vocabulary

Call & Respond

Unison

Dynamics

Posture

Canon

Levels

Travel

Key Knowledge

Call and Respond:

- To move in reaction to another's movement.

Levels:

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

Mirror image:

- To face each other and move in sync.

Posture:

- To use your torso to demonstrate feelings.

Net & Wall Games - Skills Knowledge Organisers - Year 2

Unit Overview

In this engaging net and wall games unit, pupils elevate their understanding acquired in year 1. The emphasis is on refining essential skills such as throwing and catching, underarm throwing, maintaining precise control with a racket, and becoming well-acquainted with racket techniques. Pupils will skillfully hit the ball using a tennis racket towards their partner, showcasing their ability to sustain a rally with finesse. The ultimate goal is for them to demonstrate accuracy and strategic play by consistently hitting the ball into targeted areas, thereby earning points in the game.

Key Skills

- Catching
- Accuracy
- Control
- Balance
- Throwing
- Rallying
- Coordination
- Agility

Key Vocabulary

Accuracy

Throwing

Underarm

Rallying

Catching

Control

Racket Familiarity

Coordination

Key Knowledge

Forehand:

- Hold the racket, fingers and palm of hand faces forward.

Backhand:

- Hold the racket, back of hand faces forward.

Control:

- How hard or how soft you throw, or move the ball.
- Keeping the ball under control.

Gymnastics - Skills Knowledge Organisers

- Year 3

Unit Overview

In this dynamic gymnastics unit, pupils move forward from their year 2 foundation, honing their skills in individual balances, partner balances, jumps and shapes. The exploration extends to incorporating novel shapes seamlessly into jumps, mastering the art of controlled rolling, and engaging in challenging gymnastics circuits. The pinnacle of the unit involves applying the comprehensive knowledge they've acquired into crafting and performing a captivating gymnastics routine.

Key Skills

- Jumps
- Balances
- Coordination
- Power
- Flexibility
- Shapes
- Rolls
- Sequences
- Agility
- Strength
- Balance

Key Vocabulary

Individual Balances

Partner Balances

Jumps

Shapes

Teddy Bear Roll

Egg Roll

Pencil Roll

Rocking Roll

Key Knowledge

Sequence:

- Linking together a series of skills.

Teddy Bear Roll:

- Start in a straddle position, roll onto shoulder, back, shoulder and then sit up.

Rocking Roll:

- Start in a tuck position, gently rock onto back (not the head) before pushing body forwards back into the tuck position

OAA - Skills Knowledge Organisers - Year 3

Unit Overview

In this Outdoor Adventure Activities (OAA) unit, pupils will immerse themselves in a transformative experience emphasizing problem-solving, teamwork, effective communication, and leadership development. The focus extends to fostering strong team skills, collaboratively working towards shared goals, and engaging in the exciting practice of orienteering.

Key Skills

- Teamwork
- Responsibility
- Organisation
- Encouraging
- Communication
- Problem solving
- Leadership
- Cooperation
- Listening skills
- Supportive
- Collaboration

Key Vocabulary

Teamwork

Problem Solving

Communication

Leadership

Cooperation

Supporting

Orienteering

Organisation

Key Knowledge

Orienteering:

Participate in an outdoor adventure sport that combines mental and physical exercise. The goal is to navigate between checkpoints or controls on a specialised orienteering map. The open-ended nature of the activity adds a touch of challenge and enjoyment as you find your way through.

Gymnastics - Skills Knowledge Organisers - Year 4

Unit Overview

In this captivating gymnastics unit, pupils will build upon the foundations laid in year 3, delving into different types of individual and partner balances, mastering the art of jumping and landing, exploring various types of rolls and refining their execution. The focus extends to seamless transitions in and out of different shapes, achieving synchronised performances, and culminating in the creation of a polished gymnastics routine.

Key Skills

- Jumps
- Balances
- Coordination
- Power
- Flexibility
- Shapes
- Rolls
- Sequences
- Agility
- Strength
- Balance

Key Vocabulary

Individual
Balances

Partner
Balances

Jumping

Landing

Teddy Bear Roll

Unison

Routine

Shapes

Key Knowledge

Sequence:

- Linking together a series of skills.

Teddy Bear Roll:

- Start in a straddle position, roll onto shoulder, back, shoulder and then sit up.

Rocking Roll:

- Start in a tuck position, gently rock onto back (not the head) before pushing body forwards back into the tuck position

OAA - Skills Knowledge Organisers - Year 4

Unit Overview

In this Outdoor Adventure Activities (OAA) unit, pupils will build upon their year 3 foundation, placing emphasis on teamwork, problem-solving, cultivating trust, patience, and effective communication. The curriculum extends to exploring varied forms of communication, honing leadership skills, and engaging in the exciting practice of orienteering.

Key Skills

- Teamwork
- Responsibility
- Organisation
- Encouraging
- Communication
- Problem solving
- Leadership
- Cooperation
- Listening skills
- Supportive
- Collaboration
- Building Trust

Key Vocabulary

Trust

Leadership

Teamwork

Organisation

Problem Solving

Communication

Encouraging

Supporting

Key Knowledge

Orienteering:

Participate in an outdoor adventure sport that combines mental and physical exercise. The goal is to navigate between checkpoints or controls on a specialised orienteering map. The open-ended nature of the activity adds a touch of challenge and enjoyment as you find your way through.

Gymnastics - Skills Knowledge Organisers - Year 5

Unit Overview

In this gymnastics unit, pupils will build upon their foundations from year 4, delving deeper into the intricacies of individual and group balances, refined rolls, combining balancing with rolls, exploring diverse types of jumps, engaging in dynamic Gymnastics Circuits, and culminating in the creation and performance of a captivating gymnastics routine.

Key Skills

- Jumps
- Balances
- Coordination
- Power
- Flexibility
- Shapes
- Rolls
- Sequences
- Agility
- Strength
- Balance

Key Knowledge

Twisted Jump:

- Jump up into the air, bend knees and bring feet up behind, twist head over shoulders to look at the bottom of your feet.

Backwards Jump:

- Back facing the mat, arms swing forwards first the back during the air and move body backwards towards the mat.

Forwards Jump:

- Body facing the mat, use your arms swing to propel the body forwards.

Key Vocabulary

Sequencing

Teddy Bear Roll

Group Balance

Twisted
Jump

Posture

Facial Expression

Dynamics

Mirror Image

OAA - Skills Knowledge Organisers - Year 5

Unit Overview

In this Outdoor Adventure Activities (OAA) unit, pupils will expand their expertise beyond the year 4 level. The emphasis will be on enhancing problem-solving abilities, fostering teamwork, honing communication skills, developing leadership qualities, building strong team dynamics, and engaging in the exciting practice of orienteering.

Key Skills

- Teamwork
- Responsibility
- Organisation
- Encouraging
- Communication
- Problem solving
- Leadership
- Cooperation
- Listening skills
- Supportive
- Collaboration
- Building Trust

Key Vocabulary

Teamwork

Leadership

Cooperation

Organisation

Orienteering

Communication

Problem Solving

Building Trust

Key Knowledge

Orienteering:

Participate in an outdoor adventure sport that combines mental and physical exercise. The goal is to navigate between checkpoints or controls on a specialised orienteering map. The open-ended nature of the activity adds a touch of challenge and enjoyment as you find your way through.

Gymnastics - Skills Knowledge Organisers - Year 6

Unit Overview

In this gymnastics unit, pupils will build upon the foundation laid in year 5, delving into a comprehensive exploration. The focus encompasses revisiting various shapes, executing jumps from diverse heights, mastering the intricacies of counterbalance and tension, refining rolls, synchronising movements in canon, navigating gymnastics circuits, and culminating in the creation and performance of a captivating gymnastics routine.

Key Skills

- Jumps
- Balances
- Coordination
- Power
- Flexibility
- Shapes
- Rolls
- Sequences
- Agility
- Strength
- Balance

Key Vocabulary

Canon

Synchronisation

Counter Balance

Counter Tension

Shapes

Performance

Rolls

Jumps

Key Knowledge

Counter Balance

- Counter balance involves partners or a group using opposing pushing forces to maintain stability.

Counter Tension

- Counter tension involves employing pulling forces away from each other to achieve stillness

OAA - Skills Knowledge Organisers - Year 6

Unit Overview

In this OAA unit, pupils will advance their expertise beyond year 5, delving into the realms of effective communication, collaborative teamwork, intricate problem-solving, leadership skills, and the exciting practice of orienteering.

Key Skills

- Teamwork
- Responsibility
- Organisation
- Encouraging
- Communication
- Problem solving
- Leadership
- Cooperation
- Listening skills
- Supportive
- Collaboration
- Building Trust

Key Vocabulary

Teamwork

Leadership

Organisation

Listening Skills

Problem Solving

Communication

Orienteering

Building Trust

Key Knowledge

Orienteering:

Participate in an outdoor adventure sport that combines mental and physical exercise. The goal is to navigate between checkpoints or controls on a specialised orienteering map. The open-ended nature of the activity adds a touch of challenge and enjoyment as you find your way through.