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|  | Knowledge Organiser |
|  | Year 1 – PE |
| Movement & Agility | * Continue to develop fundamental movement skills – walking, running, jumping, hopping, leaping & skipping * Continue to travel with greater confidence * Negotiate space safely and creatively * Continue to develop fine and gross motor skills * Continue to improve their agility, balance, coordination, speed and fitness |
| Ball Skills and related ball games | * Learn to throw an object (eg beanbag, ball) underarm and overarm into a space and to a partner * Learn how to bounce a ball to themselves and make a bounce pass to a partner * Learn to dribble & kick a ball with their feet * Learn to stop a ball with their feet * Experience hitting a ball with a variety of bats * Begin to play small sided games, learning to follow simple rules * Begin to understand the need to move into a space in a game situation * Begin to understand the importance of decision making when playing games |
| Gymnastics | * Become more confident at performing the 9 foundations shapes – tuck,, pike, straddle, star, straight, front straddle, dish, arch & puck * Become more confident at performing the 5 foundation jumps – 1 foot to same foot (hop), 1 foot to other foot (leap), 1 foot to 2 feet, 2 feet to 1 foot, 2 feet to 2 feet * Become more confident at traveling in a variety of ways – crocodile, camel, crab, scorpion, fox, bunny hops, frog hops * Perform basic rolls with greater confidence – log roll, egg roll, forward roll, backward * Continue to develop agility, flexibility, control, strength & balance * Can perform a balance using hands, feet or seat * Can create different shapes when balancing eg thin, wide, twisted, curled * Begins to copy and learn how to stretch and warm up the body before exercising * Learns how to copy short movements to combine simple balances eg balance-travel-balance |
| Dance | * Learns to perform basic dance actions eg travel & change direction, turn, jump, gesture, balance/stillness, change of size & shape * Learn how to copy a short motif (ie a phrase, movement or gesture that is repeated) * Learn how to link 2 or more action together * Begin to respond to music and understand different rhythms/beats |
| Athletics | * Learn to throw objects underarm & overarm in a straight line * Continue to develop jumping skills – side to side, both feet together, one foot to the other foot * Continue to develop running skills and begin to demonstrate different running speeds * Be able to sprint for 60m * Be able to run for 100m |
| All Activities | * Learn to work independently and with others * Develop good levels of physical fitness * Begin to develop a sense of fair play & cooperation * Follow simple rules and understand safety aspects of PE * Begin to understand the importance for good health of physical education and healthy diet * Begin to make decisions * Be aware of what they need to do to improve * Engage in both competitive activities (against self and others) and cooperative activities |
| Key Words | Movement and Agility  Agility, Balance, Coordination, Speed  Walking, running, jumping, hopping, leaping, skipping & side stepping  Negotiate space  Balls skills  Underarm, overarm  Bounce pass, chest pass, shoulder pass, overhead pass  Dribble, kick  Attack, defend, intercept  Gymnastics  Tuck, pike, straddle, star, straight, front straddle, dish, arch, puck  Log roll, egg roll, forward roll, backward roll  Flexibility, control, strength  Thin, wide, twisted, curled  Dance  Travel, change direction, turn, jump, gesture, balance/stillness, change of size & shape  Rhythm, beats  Athletics  Underarm throw, overarm throw  Hop, skip, jump  Jog, sprint |