



**PE
AUTUMN 2
KNOWLEDGE
ORGANISERS**

Knowledge Organiser

Y5 Orienteering

Definition: Orienteering is a competitive sport in which runners have to find their way across rough countryside with the aid of a map and compass.

Key Skills

Team Building skills

Answering tasks, acting on instructions.

Set challenges.

Listen and communicate with others

Know North, South, East, West.

Know a simple school map.

Verbal communication.

Photo Orienteering.

Mapwork tips and hints

Always orientate your map

Use the key to help.

Use landmarks to locate.

Stick with your team at all times.

Plan your route.



Y5: Aim to build upon any problem-solving skills learnt in First Schools.

Key Rules

1. Pupils should not give out or share answers of results.
2. No cones, controls or markers should be moved or hidden. Doing so is cheating.
3. Pupils must stay within the school grounds at all times.
Never go out of the school gates.

Teamwork

Team Building skills - see ideas booklet ("Team Building" from WH)

Listen and communicate effectively with your partner/group.

Answer tasks with care and accuracy.

Vocabulary:

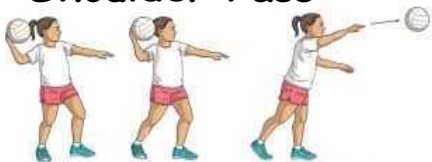
Orienteer, directions, communicate, partner/group work, control point, map work, challenge.

Year 5 Core Skills Knowledge Organiser



KEY SKILLS

Shoulder Pass



- * Ball high
- * Step with opposite foot
- * Keep ball high to high as rotate hip forward
- * Follow through

For height and long distance

Chest Pass



- * Hold ball with a 'W'
- * Elbows in
- * Step into pass & push ball at same time, follow through
- * Keep moving forward

For speed and short distance

Bounce Pass



- * Ball chest height
- * Both hands behind ball in 'W'
- * Fingers point to floor
- * Step & push ball down
- * Flick wrists & Follow through

For low height and short distance

Hitting ball



- * Small taps
- * Eye on ball
- * Knees bent for balance

High Catch



- * Fingers up towards ball
- * Bring elbows down.



Low catch

- * Fingers to ground,
- * Elbows slightly bent,
- * bring up as catch



Chest catch

- Reach hands out to ball
- * Watch ball into hands
- * Bring arms backwards as you step backwards

Kicking ball



- * Non-kicking foot alongside the ball.
- * Contact ball with inside of foot.
- * Arms out for balance
- * Follow through

Dodging



- * Step one way with shoulders
- * Transfer weight to other foot
- * Push off with first foot

KEY WORDS

fair play throw catch
receive control communicate
hand-eye co-ordination



KS2 Yoga Knowledge Organiser



What is yoga?

Yoga is an ancient form of exercise which focuses on connecting the mind, body and breath. Physically, it involves healthy stretches, building core strength, flexibility and balance. However, it is also a spiritual and mindful practice.

BREATHING

Belly breathing



Wood chopper



WARRIOR

Warrior 1



Helpful Tips

- ✓ Keep your front knee over your ankle.
- ✓ Keep your eyes looking forward.
- ✓ Soften your shoulders down away from your ears.
- ✓ Have a wider stance to help with balance.

Warrior 2



Helpful Tips

- ✓ Keep your front knee working towards your little toe (rather than rolling towards your big toe).
- ✓ Keep your back tall and long – arms out but shoulders relaxed.

Shoulder stand



Helpful Tips

- ✓ Try to keep your legs straight and your bottom in line with your torso.
- ✓ Keep pressing the balls of your feet up towards the ceiling.
- ✓ If full shoulder stand is to tricky, keep your knees bent.
- ✓ BE CAREFUL WHEN YOU COME OUT. LOWER YOUR BACK SLOWLY TO THE FLOOR.

Key Poses

Mountain pose



- Promotes calm mind.

Chair pose



Cobra



Key Poses

Child's Pose



Rag Doll



Cat/Cow



Downward Dog



KS2 Table Tennis Knowledge Organiser



KEY SKILLS

Ready Position

The ready position is a key starting point when fielding. It provides you with the best opportunity to catch and/or stop the ball and allows you to move into position quickly. This is done by being on your toes with your body **weight slightly towards** where the ball is coming from with hands ready.



Forehand Drive

Hip to lip (start and finish points for the bat)

Finish with your **index finger pointing towards the target** (like a gun)

1. READY POSITION

- Crouched with left foot slightly forward
- Close to the table

2. BACKSWING

- Hip/shoulder turns the waist to the right
- Arm rotates back and downwards at the elbow

3. FORWARD MOVEMENT

- Arm moves forward and upwards as the body untwists from the waist
- Weight transfers from the right to the left foot
- Contact at top of the bounce

4. FOLLOW THROUGH

- Bat arm continues to move forward and upwards, finishing in line with the nose
- Recover to ready position



Backhand Push

Making an **L shape** with your elbow on the backswing and push your arm forwards to an **I** on the swing

Finish with your **index finger pointing towards the target**

1. READY POSITION

- Crouched facing the direction you would like the ball to travel
- Close to the table

2. BACKSWING

- Bat moves back towards the stomach with an open angle

3. FORWARD MOVEMENT

- Produced from the elbow as bat moves forward and slightly downwards
- Contact the ball underneath and early off the bounce

4. FOLLOW THROUGH

- Bat moves forwards and downwards
- Recover to ready position

KEY WORDS

Word	Definition
Serve	To strike the ball it must be on your own side of the table before your opponent's side
Grip	Hold the handle of the bat like you are going to shake its hand .
Table	Playing area divided by a net
Bat / Paddle	Equipment used for hitting the ball one side is red the other black
 Bat /paddle	 Grip
	 Table
Spin	Making the ball turn in different ways depending on how it is hit
Rally	Continuous shots over the net between 2 or more players
Footwork	Moving your feet early to get in line with the ball

KS2 Netball Knowledge Organiser



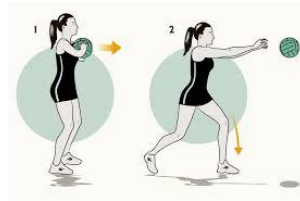
KEY SKILLS

Footwork: Moving into space. Keeping feet still when in possession of ball

Passing: shoulder pass



chest pass



Increasing strength and distance.

Attacking - Getting free from an opponent. Sprint dodge.

Defending: Marking player - stay with player as they move into space. Marking the ball - stay 1 metre away, arms out, hands spread.

KEY RULES

1. Ball accepted in **centre 3rd** from centre pass.
2. Stop when whistle sounds.
3. **Footwork rule.** Landing on one foot. Other foot acts as a brake.
4. **Marking the player with ball.**
Stay 1 metre away.



KEY WORDS

Footwork	Throw in	Chest/shoulder pass
Centre third	Goal third	Goal area (semi-circle)
Toss-up	Offside	centre pass.

GAME PLAY

1. Respect the umpires' decisions.
2. Know where to stand at start of game.
3. **Clear** from player with ball, then **drive** forward.

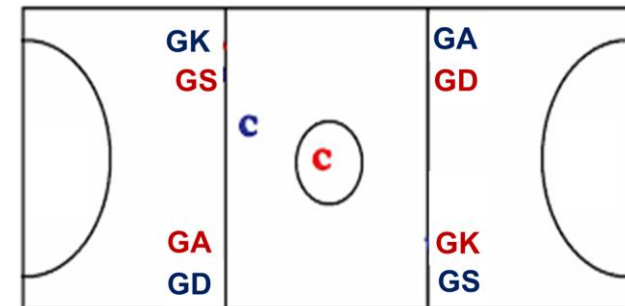
TEAMWORK

Work together in small teams to build up enjoyment and confidence.

Play in different positions to experience attack/defence/centre court play.

Positive/ supportive attitude towards others on court.

PLAYING POSITIONS



● = Blue Team.
● = Red Team.

KS2 Football Knowledge Organiser



KEY SKILLS

Technical Skills

Passing	Dribbling
Receiving	Shooting
Turning	Pressing

Principles of play

Create space	Support
Movement	Creativity
Delay	Press

KEY WORDS

Technique

Ball control, Dribbling skills, Passing accuracy, Body control.

Game intelligence

Spatial awareness, Tactical knowledge, Risk assessment.

Physical fitness

Endurance, Balance and coordination, Speed, Strength and power.

KEY RULES

Our 5 football rules

- ✓ The opposition must not enter the centre circle until after the kick-off.
- ✓ Except for throw-ins, only the goalie can use their hands.
- ✓ Never lose your temper - play with skill and not aggression.
- ✓ Always play fairly.
- ✓ Enjoy the game whether you win or lose and congratulate the opposition at the end of the game.



GAME PLAY

1. Respect the referees decisions.
2. Know where to stand at start of game.
3. Respect all players

TEAMWORK

Work together in small teams to build up enjoyment and confidence.

Play in different positions to.

Positive/ supportive attitude towards others on court.

PLAYING POSITIONS



Year 6 Gymnastics Knowledge Organiser

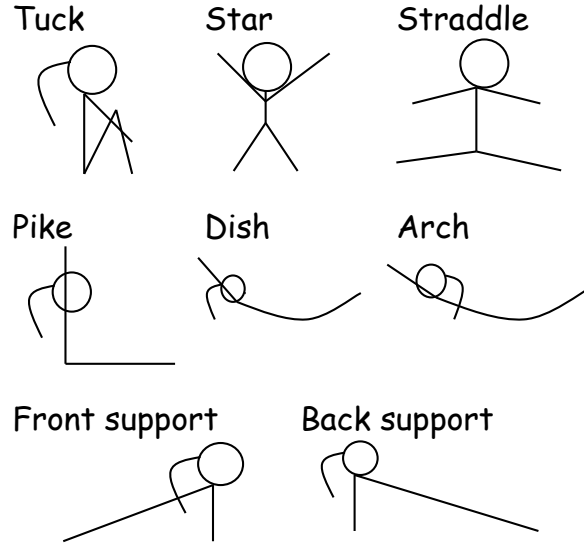


KEY SKILLS

TRAVEL

Running	Jogging
Skipping	Jumping
Hopping	Walking
Monkey walk	Caterpillar walk
Bunny hop	Crab walking
Scorpion walk	Elephant
Bear walk	kangaroo walk

SHAPES



ROLLS

forward/back/teddy/pencil
sideways/egg roll/ dish roll

JUMPS

Tuck/straddle/pike/split
180°(half)/360°(full)/stag leap

BALANCE

5 seconds of stillness
V-sit/shoulder stand/Arabesque
Y Balance/knee

EVALUATION



Advanced Skills

Headstand



Handstand



Bridge



Shoulder stand



Cartwheel



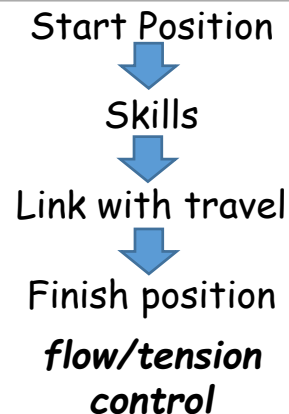
LEVELS

high
middle
low

PATHWAYS

straight
curved
zig zag

CREATING A ROUTINE



KEY WORDS

Travel	Sequence
Mirror	Match
Asymmetric	Symmetric
Shape	Roll
Jump	Landing (knees bent)
Speed	Balance
Level	Pathways

Knowledge Organiser

Y6 Orienteering

Orienteering is a competitive sport in which runners have to find their way across rough countryside with the aid of a map and compass.

Key Skills

Trust games eg Trust Falls, Lean Out.

Answering tasks, acting on instructions.

Listen and communicate.

Know directions of compass, including NE, NW, SE, SW.

Countries Orienteering.

Red Dot/ Nail Trail.

Understand /use simple school map.

Mapwork tips and hints

Always orientate your map.

Use the key to help.

Use landmarks to locate.

Stick with your team at all times.

Plan your route beforehand.

Y6: Aim to build upon any problem-solving skills learnt previously.



Key Rules

Pupils should not give out or share answers of results.

No controls or markers should be moved or hidden. Doing so is cheating.

Pupils must stay within the school grounds at all times. Never go out of the school gates.

Teamwork

Team Building skills.

Listen and communicate effectively with your partner/group.

Vocabulary:

Orienteering, control points, directions, clockwise, anti-clockwise, $\frac{1}{2}$ turn, forwards, backwards.



KS2 Rugby Knowledge Organiser



Skills

Tagging

To tag an opposing player with the ball:

1. Judge the speed and direction of opposition.
2. Run alongside opponents.
3. Remove tag from their waist and shout "TAG!" – then pass back the tag to the player you took it from.



If you have been tagged you must:

- A. Pass the ball to a teammate within 3 steps or 3 seconds of being tagged.
- B. If you are within 1m of the try line you can step forward and score the try.
- C. You must collect your tag and replace it before carrying on playing.



Passing

2 hands around the ball to grip it correctly.

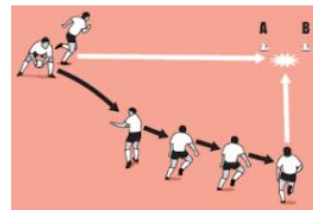
Gripping the ball



To pass:

- Keep the arms and knees bent.
- Push/Pull the **ball across your body from the waist.**

- Keep hands either side of the ball.
 - Swing arms and ball across your body.
 - **Point arms towards target** even after pass.
- Ball must go **sideways / backwards** from the passer.



Receive the ball with Target / W hands

Key Vocabulary

Passing – passes must be played level or backwards, the ball cannot travel forwards, this will result in possession turnover.

Offside – Attacking players must remain behind the ball when it is active.

Scoring – A try is scored when the ball is placed over the try line with both hands pushing the ball down.

Tag – To remove a tag of the opposition player who has the ball

Dodging – move passed the opponents with the ball.

Handling – 2 hands on the ball at all times.

Pitch -



Knowledge Organiser

Y7 Orienteering

Orienteering is a competitive sport in which runners have to find their way across rough countryside with the aid of a map and compass.

Key Skills

Fulfilling all tasks using instructions.

Basic compass work.

Skills to answer Student Brief/
Badminton Orienteering/ Double
Strides.

KS3 Photo Orienteering.

School map work.

Mapwork tips and hints

Always orientate your map.

Use the key to help.

Use landmarks to locate.

Stick with your team at all times.

Plan your route beforehand.



Y7: Aim to build upon problem- solving skills learnt in KS2

Key Rules

Pupils should not give out or share answers of results.

No controls or markers should be moved or hidden. To do so is to cheat.

Pupils must stay within the school grounds at all times. Never go out of the school gates.

Teamwork

Listen and communicate fully.

Trust games in larger groups.

Share ideas and motivate others.

Vocabulary:

Orienteering, control points, directions,

Double strides,

Knowledge Organiser

Y7 Table Tennis

Key Skills

Basic push shot over net.

Backhand push over net.

Forehand drive.

Grip.

Serve.

Gameplay

Forehand and backhand shots to outwit opposition.

Selection of most suitable shot based on opponent's play

Be able to serve with some accuracy.

Knowledge Organiser

Y7 Table Tennis

Key Rules

Server should:

- start with ball on open palm behind end of table.

- hit the ball to touch first his/her court, pass over the net, touching receiver's court

- after playing 2 points the server(s) becomes the receiver(s) and vice-versa. Continue this to end of game.

- set is won by first player to score 11 points

- do not put hands on table or volley the ball.

Teamwork

Understand the value of co-operation and teamwork in doubles play.

Strategies to outwit opponent during play.

Vocabulary:

Knowledge Organiser

Y7 Football

Key Skills

Shooting - using strongest foot when attacking.

Possession - keeping hold of the ball in pressure situations.

Heading - using the correct technique when heading in defensive and attacking positions.

Gameplay

Tactics - use a variety of attacking and defensive tactics in practices and small sided games.

Space - understand how to create and use space

Aim

Develop understanding of basic rules of football as well as positional play.

Students will start to coach each other and evaluate their own and others' performances.

Knowledge Organiser

Y7 Football

Key Rules

Pitch markings and ball size - know what each line means and what ball size year group should play with.

Teamwork

Begin to work effectively as part of a larger team in competitive situations

Improving communication so that teams become more effective.

Vocabulary:

1. Passing
2. Control
3. Running with the ball
4. Dribbling
5. Turning
6. Shooting
7. Heading
8. Tackling
9. Intercepting
10. Possession
11. Attack
12. Defence



KS3 Young Leaders Knowledge Organiser



KEY WORDS

- Communication
- Co-operation
- Responsibility
- Enjoyment
- Safety
- Organisation

S.T.E.P.

S for **SAFE SPACE**
Where on your playground is the activity going to take place?

P for **PEOPLE**
How many children are going to play?

STEP



T for **TASK**
What activity are you going to lead?

E for **EQUIPMENT**
What equipment will you need for your activity?

FAIR PLAY

Can everyone play?

Are the sides fair?

How did we choose the teams?

Fair play

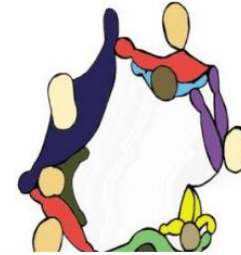


Did everyone have a turn?

Are the rules fair?

PROMOTING INCLUSION

Stop, think carefully first before you choose an activity.....can everyone play?



Listen.....is anyone being unkind?.....what can you do?

Remember to try and complete the 'Everyone can play' worksheet before next week.

Look at the children playing..... is anyone left out?.....how can you help?



KS3 Yoga Knowledge Organiser



What is yoga?

Yoga is an ancient form of exercise which focuses on connecting the mind, body and breath. Physically, it involves healthy stretches, building core strength, flexibility and balance. However, it is also a spiritual and mindful practice.

BREATHING

Belly breathing



Wood chopper



WARRIOR

Warrior 1



Helpful Tips

- ✓ Keep your front knee over your ankle.
- ✓ Keep your eyes looking forward.
- ✓ Soften your shoulders down away from your ears.
- ✓ Have a wider stance to help with balance.

Warrior 2



Helpful Tips

- ✓ Keep your front knee working towards your little toe (rather than rolling towards your big toe).
- ✓ Keep your back tall and long – arms out but shoulders relaxed.

Shoulder stand



Helpful Tips

- ✓ Try to keep your legs straight and your bottom in line with your torso.
- ✓ Keep pressing the balls of your feet up towards the ceiling.
- ✓ If full shoulder stand is to tricky, keep your knees bent.
- ✓ **BE CAREFUL WHEN YOU COME OUT. LOWER YOUR BACK SLOWLY TO THE FLOOR.**

Partner Poses

Temple Pose



Double back arch



Backward sun salutation



Boat Pose



KS3 Handball Knowledge Organiser



KEY SKILLS & TACTICS

Chest pass: This is a short and powerful pass, you have your hands in a W shape and push to extend your arms, you also step forward to give more power.

Shoulder pass: This is a long and powerful shot, you start with the ball in your strong hand next to your shoulder, you extend your arm and follow through with your body.

Bounce pass: This is a pass which is low to the ground, you use the same position as a chest pass but aim in $\frac{3}{4}$ of the way between you and the person you are bouncing to.

Overhead pass: This is a double handed throw, similar to a football throw in. This is for long distances and to get the ball over someone if they are trying to block.

Dribbling: Players may dribble the ball as in basketball but are allowed three steps before and after the dribble. You need to keep the ball close to your body to help.

KEY WORDS

- Dribble
- Shoulder pass
- Chest pass
- Bounce Pass
- Jump shot
- Defence
- Attack
- Penalty throw
- Team work
- Communication
- Speed
- Coordination
- Agility
- Power

COURT

Shooting



Jump shot



Blocking

BASIC RULES

- 7 players per team with 1 nominated goalkeeper
 - Substitutes may enter the game at any time
- The team must make an attempt to attack and to try to score. In other words, a team cannot slow down (free-throw awarded to the other team).
- No player except the GK is allowed in the goal area (unless both feet are off the floor)

A player is allowed

- To run 3 steps with the ball
- To hold the ball for 3 seconds
- Perform unlimited dribble with 3 steps before and after dribbling (NO DOUBLE DRIBBLE) A player is not allowed:
- To endanger an opponent with the ball. ☒ To pull, hit or punch the ball out of the hands of an opponent.
- To go inside the goal area – penalty throw awarded ☒ To dive on the floor for a rolling or stationary ball.

Knowledge Organiser

Y8 Table Tennis

Key Skills

Push shot over net.

Backhand push over net.

Backhand and Forehand drive.

Smash

Grip.

Recap serve.

Gameplay

Disguise of shot - Forehand and backhand shots to outwit opposition.

Start to use spin to beat opponent.

Selection of most suitable shot based on opponent's play and movement.

Perform the serve with control and accuracy.

Knowledge Organiser

Y8 Table Tennis

Key Rules

The server should:

- start with ball on open palm behind end of table.

- hit the ball to touch first his/her court, pass over the net, touching receiver's court

- after playing 2 points the server(s) becomes the receiver(s) and vice-versa. Continue this to end of game.

- set is won by first player to score 21 points

- do not put hands on table or volley the ball.

Teamwork

Understand the value of co-operation and teamwork in doubles play.

Further development of strategies to outwit opponent during play.

Knowledge Organiser

Y8 Orienteering

Orienteering is a competitive sport in which runners have to find their way across rough countryside with the aid of a map and compass.

Key Skills

Fulfilling all tasks using instructions.

Compass work. Route Planning.

Tasks timed against the clock.

KS3 Photo Orienteering.

School map work.

Mapwork tips and hints

Always orientate your map.

Use the key to help.

Use landmarks to locate.

Stick with your team at all times.

Plan your route beforehand.



Y8: Aim to build upon problem-solving skills learnt in KS2 / Y7

Key Rules

Pupils should not give out or share answers of results.

No controls or markers should be moved or hidden. To do so is to cheat.

Pupils must stay within the school grounds at all times. Never go out of the school gates.

Teamwork

Prepare/plan well for challenges. Explain what you did.

Take on different roles and help others in the team. What strengths and skills did you contribute?

Solve problems collaboratively.

Adjust/change plans as necessary.

Enjoyment.

How to improve performance.

Vocabulary:

Orienteering, control points, directions,

Compass directions,

	Lake
	Ponds
	Uncrossable River
	Stream
	Major Ditch/Drain
	Minor Ditch/Drain
	Narrow Marsh
	Uncrossable Marsh
	Crossable Marsh
	Seasonal Marsh
	Waterhole
	Water Tank
	Well
	Special Water Feature

Knowledge Organiser

Y7 Football

Key Skills

Shooting - using both strong and weak foot when attacking.

Possession - keeping hold of the ball when under pressure

Heading - using the correct technique whether attacking or defending.

Gameplay

Tactics - use a variety of attacking and defensive tactics in small sided games.

Space - understand how to create and use space to your advantage

Aim

Continuation of understanding of basic rules, as well as positional play. This will impact on their style of play. Students will coach each other and offer developmental progress tips to improve their own and others' performances.

Knowledge Organiser

Y7 Football

Key Rules

Pitch markings and ball size - know what each line means and what ball size year group should play with.

Teamwork

Work effectively as part of a team in practice and competitive situations

Effective communication to get most out of your team.

Vocabulary:

Pressure, tactics, space, effective communication, evaluate.