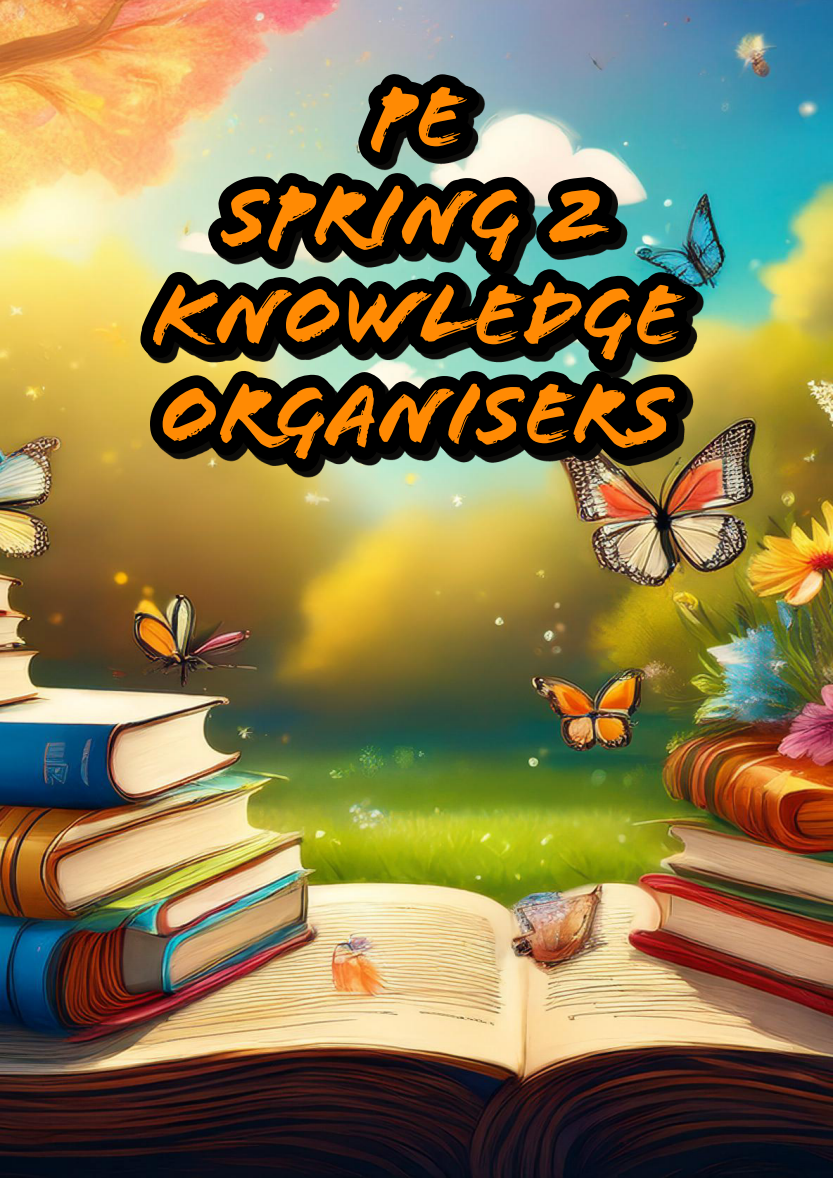


PE SPRING 2 KNOWLEDGE ORGANISERS



Year 5 Gymnastics Knowledge Organiser



KEY SKILLS

TRAVEL

Running Jogging Skipping

Jumping Hopping Walking

Monkey walk



Caterpillar walk



Bunny hop



Crab walking



Scorpion walk



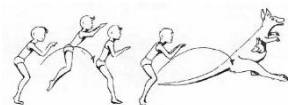
Elephant



Bear walk



kangaroo walk



Symmetric



Mirror image

Asymmetric



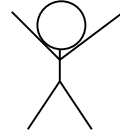
Both sides different

SHAPES

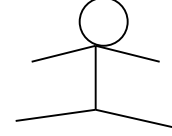
Tuck



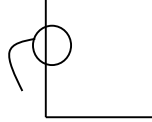
Star



Straddle



Pike



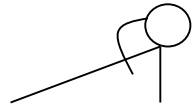
Dish



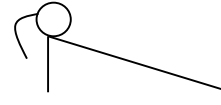
Arch



Front support



Back support



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

LEVELS

high
middle
low

PATHWAYS

straight
curved
zig zag

CREATING A ROUTINE

Super Start



Skills



Link with travel



Fantastic Finish

flow/body tension/control

KEY WORDS

Travel
Asymmetric
Symmetric
Shape
Roll
Jump
Speed
Level
Pathways
Sequence



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 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.

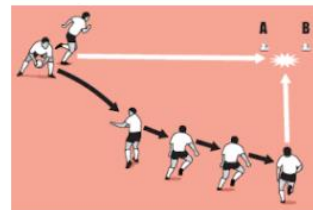
Gripping the ball



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 -



KS2 Netball Knowledge Organiser



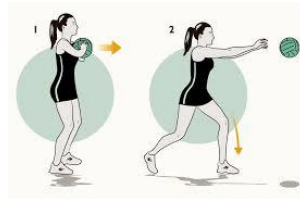
KEY SKILLS

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.

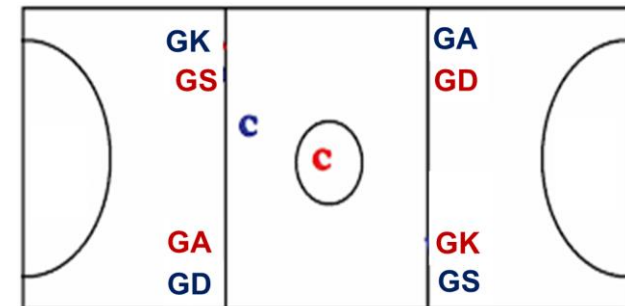
TEAMWORK

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

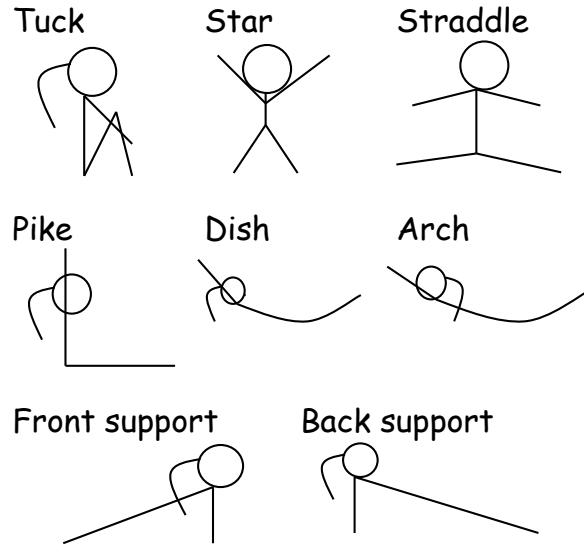


KEY SKILLS

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



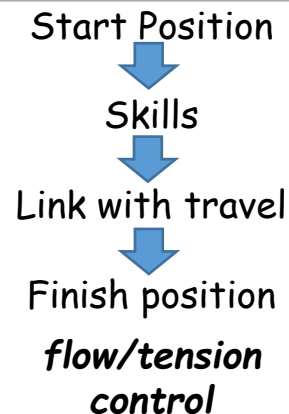
LEVELS

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



KS2 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?

Fair play



How did we choose the teams?

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?

Year 7 Gymnastics Knowledge Organiser



KEY SKILLS

MOVEMENT

Rotation	Turning	Twisting
Wheeling	Rolling	Spinning
Circling	Swinging	Jumping
Flight	Lifting	Traveling
Lowering	Balancing	

Advanced Skills

Headstand	Handstand
Bridge	Shoulder stand
Cartwheel	Walkover

LEVELS

high
middle
low

PATHWAYS

straight
curved
zig zag

BALANCE

V-sit/shoulder stand/Arabesque
Y Balance/knee

BODY SHAPE

Tuck	Star	Straddle
Pike	Dish	Arch
Front support	Back support	

CREATING A ROUTINE

Start Position



Skills



Link with travel



Finish position

flow/body tension
Transition/control

TIMING

Unison
Canon
Fast
Slow
Flowing
Stop/start
Fluency

ROLLS

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

JUMPS

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

EVALUATION

Self-
assessment

Peer-
assessment

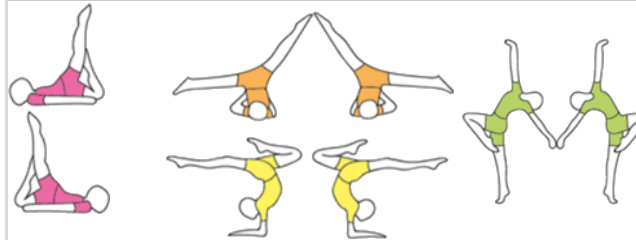
2 stars



& a
wish



MIRROR



MATCH



KEY WORDS

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

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

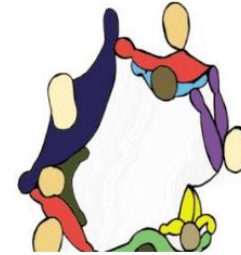


Did everyone have a turn?

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 Rugby Knowledge Organiser



Skills & Tactics

Ball Handling– Hold the ball in two hands. Spread your fingers around the seam, a W shape. Use your fingers to control the ball.

Passing– The ball must be passed backwards. W Shape grip around the ball. Ball should be close but in front of the body. Look over your shoulder for your teammates. Pass the ball diagonally across your body from a low to high position.

Receiving a Pass– Make a target for the ball with your hands evenly spaced in front of you. Watch the ball into your hands and then turn to look at a target.

Side Tackle– As opponent approaches, prepare to tackle ensuring your head is kept up with your chin of your chest and a flat back. Shoulders to take the impact of collision. When tackling your opponents, your head needs to be behind the opponents legs, wrapping your hands around them. Land on top of your opponents.

Front Tackle– Watch opponent running head up, back flat. Head and neck should be at one side of the opponent. Cheek to cheek position.

Drop Kick– Eyes on the ball, hold ball out at waist height, elbows slightly flexed, hold ball along seam with fingers positioning downwards, keep head over ball, drop ball up-right, as ball lands make contact with it, follow through.

Key Vocabulary

Scrum Half

Hooker

Winger

Line Out

Line Speed

Try



Rules & Regulations

The game is started by a place kick or a drop kick from the middle of the halfway line. The ball must travel forwards at least 10 metres from the kick-off. If this is unsuccessful then the opposing team decide upon a scrum or line out for them to take advantage. If a penalty or drop goal is scored during the game, play is restarted with a drop kick from the halfway line. The team that has conceded the points takes the kick.

Scoring System

Scoring System: A try - five points are awarded for touching the ball down in your opponent's goal area. A conversion - two points are added for a successful kick through the goalposts after a try. A drop kick - three points are awarded for a penalty kick or drop goal through the posts.



KS3 Netball Knowledge Organiser



KEY SKILLS

Attacking - The Dodge

Sprint dodge



P: On toes, aware and ready.



E: Sprint into space.



F: Receive ball in space, land balanced.



Feint dodge

P: On toes, ready and signal.



E: Drop shoulder pretending to go one way.



F: Sprint into space.

1. Prepare
2. Execute
3. Follow-through

Defending the player: Stand sideways on to keep eye on player and ball.

Defending ball: Face player, 1m away, on balls of feet, stretch up and over ball.

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
Centre third
Toss-up

Throw in
Goal third
Offside

Chest/shoulder pass
Goal area (semi-circle)
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.

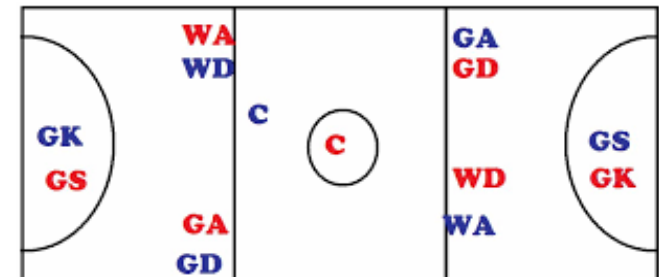
TEAMWORK

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 = Blue Team.
Red = Red Team.

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

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.

KS3 Volleyball Knowledge Organiser

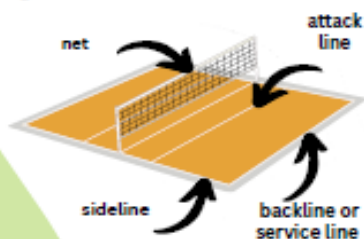


Volleyball

About this Unit

Volleyball is a net and wall game played in teams of six. The aim of the game is to hit the ball over the net landing into the court area on your opponent's side.

Volleyball originated in America in 1895 and took inspiration from other sports such as badminton and tennis. Volleyball first appeared in the Olympics in 1964 and today is a popular sport which has various versions such as beach volleyball and sitting volleyball.



Net and Wall Games Key Principles

attacking	defending
score points	limit points
create space	deny space
placement of an object	consistently return an object

Can you think of any other net and wall games that share these principles?

Key Vocabulary

- abide:** act in accordance with the rules
- appropriate:** suitable approach
- communicate:** share information
- create:** to make space
- cushion:** take the power out of an object
- dig:** defensive shot used when the ball is low
- direct:** aim
- extend:** to make longer
- non dominant:** weaker hand
- placement:** intentionally playing the ball to a specific place on court
- recover:** move back to a ready position after playing the ball
- serve:** used to start a game
- set:** used to place the ball high
- sportsmanship:** play fairly, respect others and be gracious in victory and defeat
- tactics:** a plan that helps you to attack or defend
- technique:** the action used correctly
- thrust:** upward motion

Ladder Knowledge



- Shots:** Year 6: use the appropriate shot for the situation e.g. playing a dig first to keep the ball up, then a set then play the ball over the net.
- Serving:** Year 6: begin to apply tactics when serving e.g. aiming to serve short on the first point and then long on the second point.
- Rallying:** Year 6: use different shots and consider placement depending on if the rally is co-operative or competitive.
- Footwork:** Year 6: know that using the appropriate footwork will help me to react to a ball quickly and give me time to prepare to play a shot.

Movement Skills

- set
- dig
- throw
- catch
- jump
- serve
- rally

Social
Emotional
Thinking

This unit will also help you to develop other important skills.
communication, respect, support and encourage others
perseverance, honesty, determination
using tactics, select and apply skills, identify strengths and areas for development, reflection

Rules

- Winning a point:**
 - The ball is not returned over the net within three hits.
 - The receiving team lets the ball hit the ground.
 - A player makes contact with the net.
 - The returned ball lands outside the court area.
- Serving rules:**
 - One team starts with service and must serve from the back right of the court.
 - That pupil continues to serve for their team until they lose a rally.
 - If the non-serving team wins the rally, they win the point and the right to serve.
 - When a team regains the right to serve, a different person must serve. If playing with rotation, when a team regains the serve all players rotate clockwise on court. This is so all players get to serve.



Tactics

- Attacking:**
 - Look at where your opponents are and try to place the ball away from them.
 - Use a set to give your teammates time to see where to place the ball on the next hit.
- Defending:**
 - Recover quickly to a ready position after striking the ball.
 - Spread out as a team to cover the most space possible.

Healthy Participation



Make sure unused equipment is stored in a safe place

If you enjoy this unit why not see if there is a volleyball club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Volleyball, Serving Up Skills

What you need: 1 ball, a line
Play: outside

How to play:
Start behind a line. Serve underarm over the line, if successful take a step back.

How far back can you go and still accurately serve?

Make this harder by adding an obstacle that the ball must go over e.g. a washing line or chair.

How to serve:
Hold the ball forward, hitting arm back. Low throw up, swing and hit the middle of the ball with the middle of your hand. Finish with your hand pointing where you want the ball to go.



www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit. @getset4education136

Knowledge Organiser

KS3 Dance

Key Skills

Creating a motif (sequence of dance moves).

Actions performed at different levels - high, medium, low.

Shapes - wide, tucked, twisted, thin.

Levels, speed, direct/indirect pathways.

Performance skills.

Evaluations of motif.

Creativity

Selection of ideas with partner // team.

Removal of unwanted sections.

Linking actions together for transition.

Starting and finishing positions.

Performances in front of others.

Y7 Dance: Aim to build upon the quality of bodily movement in KS2 to produce more imaginative choreography and improved technique in dances.

Knowledge Organiser

KS3 Dance

Choreography

Choreography skills - how to link skills fluidly together. Creation of a dance.

Omission of sections of motif // repeating sections with development.

Use of level, speed and pathways around floor.

Fluent actions, joining with seamless links // staccato moves for interest

Teamwork

Actively work with others to produce a dance.

Respect other peoples' ideas.

Discuss selection of skills used.

Individual // pair // group work + mix of these.

Performance in front of others.

Group and self-evaluations.

Vocabulary:

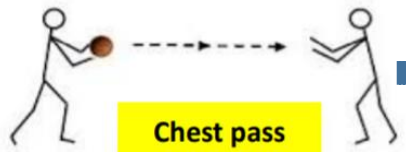
Motif, body tension, levels, canon, unison, speed of action, shape, choreography, selection, performance, evaluation and self-evaluation.



KS3 Basketball Knowledge Organiser



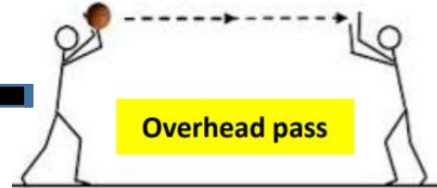
PASSING SKILLS



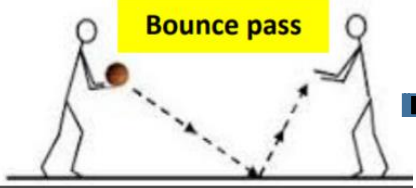
Chest pass

W grip/ Step/Chest to chest/
Follow through/ short distance

W grip/ Step/overhead to
overhead/ Follow through/
long distance



Overhead pass



Bounce pass

W grip/ Step/Chest to chest/
Follow through/ Bounce
before player/ short distance

KEY SKILLS

Dribbling - Head up/spread fingers and fingertips bounce the ball/waist height

Set Shot - Knees bent/dominant foot slightly in front of other/strong hand at bottom/supporting hand on side/elbow at 90 degrees

Lay up- Strong hand at bottom/supporting hand on side/keep it high - *right hand dribble, step right, jump left, aim for top right corner of box, - left hand dribble, step left, jump right, aim for top left corner of box*

Pivoting/Jump Shot- Landing 1,2 - can be used at the end of a dribble or when receiving a pass.

On the move - release ball before third step.

KEY RULES

1. The games consists of 2 teams with 5 players on court.
2. **Aim to score as many hoops, shooting through the hoop, as you can in the time allocated.**
3. Players cannot travel with the ball or perform a double dribble
4. **Players cannot hold the ball for longer than 5 seconds**
5. If ball goes out of play then a side line ball is taken from the opposite team.
6. **Once the offense (attacking team) has brought the ball across the mid-court line, they cannot go back across the line during possession.**
7. Fouls are given for hitting, holding or pushing an opponent.
8. **If a player fouls the shooter, then 1-3 free throws can be awarded (each 1 point).**

KEY WORDS

Attack	Defence	Passing	Receiving
Dribbling	Set shot	Lay-up	Pivoting
Travelling	Double dribble		

COURT & PLAYING POSITIONS

