



PE
SUMMER 1
KNOWLEDGE
ORGANISERS

KS2 Striking & Fielding Knowledge Organiser



KEY SKILLS

Basic Catching



Feet shoulder width, knees bent

EYES ON BALL

Cupped hands, soft fingers - **TARGET**

Hands & elbows move back

High Catching



Palms face away from body

Cupped hands, soft fingers

EYES ON BALL

Knees bent

Brings hands back to shoulder to cushion ball

Underarm Bowling



Face forward, hold in fingers

Swing arm back

step with opposite leg

release ball out of fingers

Below shoulder height

Cricket Bat

Grip

Hands close



Top hand against front thigh

Fingers and thumb wrapped around the handle forming a "V"

Cricket Batting



Eyes level over toes

Side on position and relaxed

Balanced with knees bent

Feet should be parallel and a foot length apart



Rounders Batting



Stand sideways: feet shoulder width

Extend arm behind

Bat upright

Slight bend in knees

Swing through to ball

Weight transfers back to front

Long Barrier fielding

1) Line up with the roll of the ball

3) No gap between knee and heel



2) Knee nearest the ball is flat on floor

4) Hands cup the ball

KEY RULES

Remain behind line before striking ball.

Underarm bowl in rounders.

Run fast between bases/stumps. No overtaking.

Ball touches cricket stumps for run out but ball in hands to touch rounders base.

KEY WORDS

Target
Batting
Bowling
Fielding
Long Barrier
Wicket
Rounder
Cricket Run

Year 5&6 Athletics Knowledge Organiser



KEY SKILLS

About this Unit

Athletics is the name for a group of physical events that test running, jumping and throwing. In this unit you will use different styles of running, jumping and throwing to try to achieve your best possible time, distance or height. You will need to persevere to achieve your personal best.



Official Athletic Events

Running

Sprinting
100m, 200m, 400m
Hurdles
Relay
Middle Distance
800m, 1500m
Long Distance
5,000, 10,000
Steeplechase

Jumping

Long jump
Jump for distance
Triple jump
Jump for distance
High jump
Jump for height
Pole vault
Jump for height

Throwing

Discus
Fling throw
Shot
Push throw
Hammer
Fling throw
Javelin
Pull throw

Have you seen any of these events before?



Movement Skills

- sprint
- jump for distance
- push throw
- pull throw
- Sling throw

This unit will also help you to develop other important skills.

Social collaboration, work safely

Emotional determination, perseverance

Thinking observe and provide feedback, comprehension, explore technique

Rules

JUMPING EVENTS

- Performers must take off before the line.
- Jumps are measured from the take-off line to the body part closest to the take-off line that touches the ground.

THROWING EVENTS

- Throws must be taken from behind a throw line.
- Throws are measured from the throw line to where the object first lands.

Key Vocabulary



accuracy: how close the object is to the given target

baton: equipment used in a relay event

control: being able to perform a skill with good technique

event: the name of different athletic activities

further: a greater distance

personal best: a target outcome of an individual

power: speed and strength combined

relay: a team of runners take turns to move the baton from start to finish

speed: how fast you are travelling

strength: the amount of force your body can use

technique: the action used correctly

Key Rules

Know relevant rules for each event and how to measure / score / time:

Sprints: stay in lane, run through line.

Jumps: Fast run, push off on take-off, landings.

Throws: Throwing line, overarm, underarm.

Knowledge Organiser

Y7 Tennis

Key Skills

Grip of racket.

Forehand - smooth action from back swing to forward play.

Backhand - racket finishes high.

Volley - no bounce

Service - underarm, overhead to finish over the net.

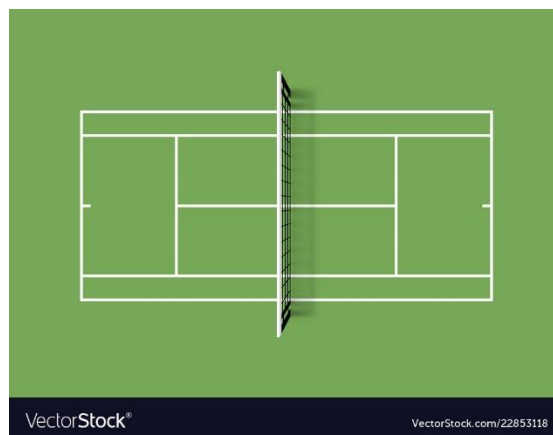
Gameplay

Returning ball into space

Co-operative and competitive rallies.

Successful scoring - own system / traditional points system.

Y7 Tennis: Aim to build upon net skills learnt previously in KS2 in order to play successful games of tennis..



Key Rules

Know main rules of the game.

Aim to make ball bounce twice on opponent's side/ or unable to return it.

Scoring system. 15-30-40. Deuce. Advantage. Game.

Areas of play.

Teamwork

Advice for Singles play - moving around court, placement of ball.

Doubles play.

Scoring co-operatively with and against others.

Key Vocabulary:

Ready position, forehand, backhand, stroke, volley, Serving, fault, return, grip, ready position, rally, court, scoring, fault, umpire, back/ baseline, sideline, 15 - 30 - 40, deuce, advantage, game.

Knowledge Organiser

Y7 ATHLETICS

Key Skills

Technique for

Sprinting: Starter's commands and during race. 100m, 200m, 300m.

Longer distance running: 800m +. How to pace.

Long Jump: Sprint speed and height at take-off. Measurement of distance

High Jump: Choice of jumping style. Not Fosbury Flop!

Triple Jump: 3 phase

Throws: Introduction to Discus, Javelin and Shot Put. Ball throw.

Gameplay

Record personal times/ distances (achievements) in running, jumping and throwing events. Compare to previous year.

Expectation to improve personal scores from previous year. Discussion on how to achieve expected improvements.

Representation in Fun Sports Day and House Sports Day.



Knowledge Organiser

Y7 ATHLETICS

Key Rules

Specific rules of Javelin, Shot Put and Discus.

Jostling for position in race. Maintaining strength.

Revisit rules and safety issues for all running, jumping and throwing events (see previous years).

Teamwork

Working together in teams to improve relays.

Analysing and helping others to achieve their best scores.

Stopwatches to time accurately and explore possible improvements.

Vocabulary (continuation from Y6)

Shot, Discus, Javelin, Triple Jump, grip, power, strength, speed, explosive, co-ordination, technique, body position, tactics.

Y7 Athletics. Aim to build upon previous learning, improve personal bests and introduce new events to Y7 like Triple Jump, Shot, Discus and Javelin.

Knowledge Organiser

Y8 Tennis

Key Skills

Racket grip / hold.

Groundstrokes: *Forehand* - smooth action from back swing to forward play.

Backhand - racket finishes high.

Volley - direction and placement of hit.

Use of topspin, slice.

Service - overarm to opponent.

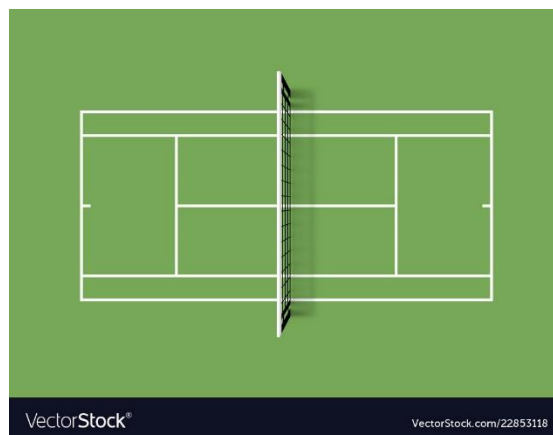
Gameplay

Returning ball with power and accuracy into space on opponent's side.

Competitive rallies.

Traditional scoring - points system.

Y8 Tennis: Aim to improve and develop court play and skills learnt in Y7 to become more accomplished players.



Key Rules

Know rules of the game.

Aim to make ball bounce twice on opponent's side/ or unable to return it.

Scoring system. 15-30-40. Deuce. Advantage. Game.

Playing areas.

Teamwork

Advice for Singles play - moving around court, placement of ball.

Doubles play - interchange of positions

Scoring correctly with opponents. Use of "Let".

Key Vocabulary:

Disguise, topspin, ready position, forehand, backhand, stroke, volley, Serving, fault, return, grip, ready position, rally, court, scoring, fault, umpire, back/ baseline, sideline, 15 - 30 - 40, deuce, advantage, game.

KS3 Striking & Fielding Knowledge Organiser



KEY SKILLS

GAME TACTICS

- Interchange of team positions during play.
- Backing up positions.
- Tactical communication between players.
- Identifying spaces on the pitch.
- Knowing specific role of each position.

Cricket Bat

Grip



Hands close

Top hand against front thigh

Fingers and thumb wrapped around the handle forming a "V"

Cricket Batting



Eyes level over toes

Side on position and relaxed

Balanced with knees bent

Feet should be parallel and a foot length apart



Rounders Batting

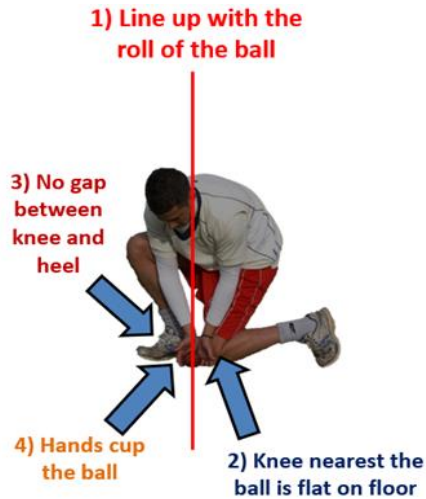


Stand sideway
feet shoulder width

Extend arm behind
Bat upright

Slight bend in knees
Swing through to ball
Weight transfers back to front

Long Barrier fielding



KEY RULES

- Remain behind line before striking ball.
- Underarm bowl in rounders.
- Run fast between bases/stumps. No overtaking.
- Ball touches cricket stumps for run out but ball in hands to touch rounders base.

KEY WORDS

- Target
- Batting
- Bowling
- Fielding
- Long Barrier
- Wicket
- Rounder
- Cricket Run

Knowledge Organiser

Y8 ATHLETICS

Key Skills

Technique for:-

Running: 100m, 200m, 300m, 800m,
Relay

Jumping: Long Jump, High Jump. Triple
Jump.

Throwing: Shot, Discus, Javelin, Ball.

Game Play

Measurements, timings, scoring
accurately of all events

Comparison to own times/distances set
in previous years. Set goals.

Make estimations of performances/
times.

Improvements of self and others'
performances.

Use of media (iPad) to record and
improve techniques.



Knowledge Organiser

Y8 ATHLETICS

Key Rules

Abiding by the specific rule of each
athletic event:

Throws: Throwing area, remain behind
line/ circle, only throw and collect
implement when told by teacher. Safe
carriage of implement.

Running: Sprint/ middle distance starts.

Jumping: Take-off points, rules of
landing.

Teamwork

Technique of relay - running
straight/bend.

Using strengths of team members in
events.

Observations and critique of
performances.

Vocabulary (Continuation from Y7)

Challenge, Javelin, Shot Put, Discus,
pacing, speed, flight, landing, recovery,
names of muscles used, fitness,
reaction, lactic acid, fatigue, stamina.

Y8 Athletics. Aim to decrease times
and increase distances achieved in
previous year to set new personal bests
in running, jumping and throwing events.