

PE KO
Spring 1



Hanslope Primary School Spring 1

PE Knowledge Organiser

Year 1: Attack and Defend 2 and Gymnastics 1

How does this link to my previous learning?

- Builds upon the foundational concepts learnt in EYFS

National Curriculum Links:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns.

How does this link to my future learning?

- Provides the foundation skills for Attack and Defending and Gymnastics in Y2.

What key vocabulary will I learn:

- Sequence
- Apparatus
- Tension
- Performance
- Pulse
- Targets
- Control
- Defensive
- Rules
- Positions

Gymnastics 1:

What will I know by the end of this unit:

- Be able to perform 'like' actions in a sequence.
- Be able to carry and set up apparatus safely.
- Be able to perform shapes on large and small body parts.
- Be able to take off and land and use shape in our jumps.
- Be able to travel on our feet, showing good body tension.
- Be able to create different levels in their performance.

Attack and Defend 2:

- Be able to find our pulse on our wrist.
- Be able to move side to side to defend a goal.
- Be able to bounce a ball with control to ourselves.
- Be able to aim at different targets.
- Be able to adapt to a game with changing rules.
- Be able to play in the best defensive position in a game



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Year 2: Gymnastics 1 and Attack and Defend 2

How does this link to my previous learning?

- Gymnastics and Attack and Defend in Year 1

National Curriculum Links:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns.

How does this link to my future learning?

- Links to gymnastics in Year 3 and puts foundations in for specific sports

What key vocabulary will I learn:

- Elements
- Power
- Japana shape
- Arabesque
- Equipment
- Target
- Intercept
- Competition
- Passing
- Goalkeeper

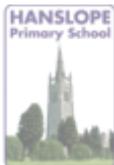
Gymnastics:

What will I know by the end of this unit:

- Be able to combine 4 elements into a floor sequence.
- Be able to create power in a variety of different jumps.
- Be able to take weight on our hands and move in different ways.
- Be able to use our flexibility in a bridge and japana gymnastic shape.
- Be able to perform the point balance arabesque.
- Be able to perform a teddy/dolly roll.

Attack and Defend 2:

- Be able to throw different types of equipment.
- Be able to move to space after passing the ball.
- Be able to pass and move forward to a target with a partner.
- Be able to position themselves as a goalkeeper.
- Be able to intercept a ball from a person on the other team.
- Be able to use the skills in a competition.



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Year 3: Basketball and Gymnastics

How does this link to my previous learning?

- Gymnastics in Year 2 and builds upon the skills in Send and Receive 1

What key vocabulary will I learn:

- Dribbling
- Attack
- Defend
- Restart
- Receive
- Two handed shot
- Extension
- Apparatus
- Contrasting
- Unison
- Sequence

National Curriculum Links:

- Develop and apply control and balance in different ways.
- Enjoy communicating, collaborating and competing with each other.
- Compare their performance with previous ones and demonstrate improvement to achieve their personal best.
- Apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

How does this link to my future learning?

- Gymnastics and basketball in Year 4

Basketball:

What will I know by the end of this unit:

- Be able to keep possession of the ball when dribbling.
- Be able to work as a pair to move forward and attack.
- Be able to use a defensive body position.
- Be able to perform a two-handed shot to score baskets.
- Be able to use a jump ball to restart a game.
- Be able to move to space to receive the ball.

Gymnastics:

- Be able to show full extension during a balance.
- Be able to move in and out of contrasting shapes with fluency.
- Be able to perform a sequence using different types of rolls.
- Be able to perform powerful jumps from low apparatus.
- Be able to perform in unison with a partner.
- Be able to create a group performance using contrasting actions.



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Year 4: Basketball and Gymnastics

How does this link to my previous learning?

- Builds on basketball and gymnastics in Year 3

What key vocabulary will I learn:

- STEP
- Compositional
- Refine
- Compare
- Cooperate
- Attacker
- Crossover
- Man on man marking
- Bounce pass
- Jump shot
- Outwit
- Opponent

National Curriculum Links:

- Develop and apply control and balance in different ways.
- Enjoy communicating, collaborating and competing with each other.
- Compare their performance with previous ones and demonstrate improvement to achieve their personal best.
- Apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

How does this link to my future learning?

- Provides concepts for gymnastics and more competitive basketball in Year 5

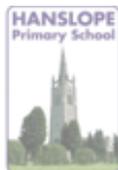
Gymnastics:

- Be able to perform a 6-element sequence that uses changes in speed and direction.
- Be able to use the STEP principle to create a partner sequence.
- Be able to take weight on hands, showing control.
- Be able to develop a sequence using compositional ideas, e.g. changing speed.
- Be able to cooperate as a group to refine a short sequence.
- Be able to compare and judge sequences

Basketball:

- Be able to apply pressure on an attacker to force a mistake.
- Be able to change direction quickly using a crossover dribble.
- Be able to use man-to-man marking to stop the ball handler.
- Be able to perform a bounce pass to outwit an opponent.
- Be able to attempt a jump shot.
- Be able to perform passing and moving with a teammate.

What will I know by the end of this unit:



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Year 5: Basketball and gymnastics

How does this link to my previous learning?

- Basketball and gymnastics in Year 4

What key vocabulary will I learn:

- Round off
- Symmetry
- Asymmetry
- Counterbalance
- Transitions
- Front pivot
- Wing pass
- One handed push pass
- Box out
- Rebounds
- Pressure
- Triple threat

National Curriculum Links:

- Develop and apply control and balance in different ways.
- Enjoy communicating, collaborating and competing with each other.
- Compare their performance with previous ones and demonstrate improvement to achieve their personal best.
- Apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

How does this link to my future learning?

- Gymnastics and basketball in Year 6

Gymnastics:

- Be able to perform a version a round-off.
- Be able to create and perform a partner sequence using symmetry
- Be able to create and perform a partner sequence using asymmetry
- Be able to perform a counterbalance with a partner
- Be able to perform smooth transitions between counterbalances using different levels
- Be able to evaluate each other's work and suggest improvements

Basketball:

- Be able to use blocking to stop an opponent from shooting.
- Be able to perform a front pivot and try to use it in a game.
- Be able to use a forward pass and wing play to build an attack as a team.
- Be able to perform a one-handed push pass under pressure.
- Be able to create space using the box-out technique to recover rebounds.
- Be able to catch the ball under pressure into the triple-threat position.

What will I know by the end of this unit:



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Year 6: Basketball and gymnastics

How does this link to my previous learning?

- Builds on basketball and gymnastics from Year 5

What key vocabulary will I learn:

- Counterattack
- Retreat
- Possession
- Consistency
- V- cut
- Three-point shot
- Dismount
- Canon
- Paired flight
- Unison
- Communication

National Curriculum Links:

- Develop and apply control and balance in different ways.
- Enjoy communicating, collaborating and competing with each other.
- Compare their performance with previous ones and demonstrate improvement to achieve their personal best.
- Apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

How does this link to my future learning?

- Prepares children for secondary school

Basketball:

- Be able to counterattack using the fast break.
- Be able to perform the retreat dribble to maintain possession.
- Be able to perform a free throw with consistency.
- Be able to use speed and agility to perform a v-cut to get free from a defender.
- Be able to drive to the basket using strength and coordination.
- Be able to attempt a three-point shot

Gymnastics:

- Be able to use controlled flight onto high apparatus.
- Be able to dismount from high apparatus.
- Be able to develop a sequence using flight in canon formation.
- Be able to use equipment such as hoops and balls in a group sequence.
- Be able to create a paired flight sequence using both canon and unison.
- Be able to create and perform a 6-element sequence to music.
- Be able to perform a range of increasingly complex partner balances

What will I know by the end of this unit: