

PE KO  
Summer 1



## Hanslope Primary School Summer 1

### PE Knowledge Organiser

**Year 1: Run, Jump, Throw 1 and Hit, Catch, Run 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 run, jump throw and hit catch run unit 2.

#### What key vocabulary will I learn:

- Running
- Jumping
- Throwing
- Moving
- Speeds
- Technique
- Improvement
- Space
- Score
- Opponent
- Bases
- Track
- Collect

#### Run, Jump, Throw 1:

- Be able to start and stop when moving at speed.
- Be able to use arms when running at different speeds.
- Be able to take off on two feet to jump for distance.
- Be able to use the correct technique to throw different objects for distance.
- Be able to show improvement in throwing.
- Be able to take part in a competition using running, jumping and throwing skills.

#### What will I know by the end of this unit:

#### Hit, Catch, Run 1:

- Be able to select a space to throw or roll a ball into.
- Be able to track and collect a rolling ball.
- Be able to catch a ball to stop an opponent from scoring.
- Be able to use their hands to hit a ball.
- Be able to run between bases to score points.
- Be able to work as a team to score points.



# Hanslope Primary School Summer 1

## PE Knowledge Organiser

**Year 2: Run, Jump, Throw 1 and Hit, Catch, Run 1**

### How does this link to my previous learning?

- Builds upon the foundational concepts learnt Y1

### 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 key stage two sports.

### What key vocabulary will I learn:

- Running
- Jumping
- Throwing
- Moving
- Dynamic
- Technique
- Improvement
- Obstacle
- Score
- Opponent
- Bases
- Underarm
- Fielders

### Run, Jump, Throw 1:

- Be able to move quickly whilst being aware of others around.
- Be able to create power with their legs to turn at speed.
- Be able to move through an obstacle course with speed and control.
- Be able to choose the best throw for different situations.
- Be able to use quick feet whilst sprinting.
- Be able to perform static and dynamic balances.

### What will I know by the end of this unit:

### Hit, Catch, Run 1:

- Be able to hit a ball and score points running to cones.
- Be able to defend a target by kicking.
- Be able to bowl underarm with control.
- Be able to hit a ball using different bats and techniques.
- Be able to throw accurately to a base.
- Be able to hit a ball into space, away from fielders.



# Hanslope Primary School Summer 1

## PE Knowledge Organiser

### Year 3: Athletics and Tennis

#### How does this link to my previous learning?

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

#### What key vocabulary will I learn:

- Hopping sequence
- Jumping sequence
- Hurdles
- Pull – throw
- Skipping
- Accurately
- Ready position
- Underarm
- Rally
- Forehand
- Cooperatively

#### 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?

- Athletics and Tennis in Year 4

#### Athletics:

#### What will I know by the end of this unit:

- Be able to perform jumping and hopping sequences.
- Be able to run at different speeds.
- Be able to approach and jump hurdles.
- Be able to throw a javelin using the pull-throw technique.
- Be able to perform a variety of skipping techniques
- Be able to keep score accurately over a range of events.

#### Tennis:

- Be able to use the ready position to return a ball.
- Be able to hit the ball to different parts of the court using a forehand hit.
- Be able to perform an underarm serve to start a rally.
- Be able to move towards a ball to return it over the net.
- Be able to play cooperatively with a partner to keep the ball moving over the net.
- Be able to perform forehand hits to score points in a competition.



# Hanslope Primary School Summer 1

## PE Knowledge Organiser

### Year 4: Athletics and Tennis

#### How does this link to my previous learning?

- Athletics and Tennis in Y3

#### 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?

- Athletics and Tennis in Year 5

#### What key vocabulary will I learn:

- Accelerate
- One footed take off
- Curve
- Exchange
- Forehand
- Backhand
- Serve
- Competitive
- Control
- Accuracy
- Sling action
- Discus
- Baton

#### Athletics:

#### What will I know by the end of this unit:

- Be able to challenge ourselves in running, jumping and throwing tasks
- Be able to accelerate over short distances.
- Be able to run and jump using one-footed take-off.
- Be able to use a sling action to throw a discus.
- Be able to run on a curve and exchange a baton in a team
- Be able to apply the skills developed in a competitive way

#### Tennis:

- Be able to return to the middle of the court after playing a shot.
- Be able to use the forehand in game situations accurately.
- Be able to play a backhand shot with some control.
- Be able to combine ready position and court movement to return the serve consistently.
- Be able to work with a partner to score points in a game.
- Be able to use forehand and backhand shots to score points in a competitive situation.



# Hanslope Primary School Summer 1

## PE Knowledge Organiser

### Year 5: Athletics and Tennis

#### How does this link to my previous learning?

- Athletics and Tennis in Y4

#### What key vocabulary will I learn:

- Push throw
- Baton
- Exchange
- STEP
- Volley
- Overhead
- Formations
- Doubles
- Refine
- Diagonal
- Restricted

#### 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?

- Athletics and Tennis in Year 6

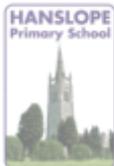
#### Athletics:

#### What will I know by the end of this unit:

- Be able to run for speed & distance individually & as part of a team.
- Be able to perform different jumping styles and explore which ones they can jump further with.
- Be able to use the push-throw technique.
- Be able to exchange a baton within a restricted area.
- Be able to design an activity for others using the STEP principle.

#### Tennis:

- Be able to perform a range of different shots with control.
- Be able to move quickly to the ball to perform a volley.
- Be able to play an overhead shot.
- Be able to use different court formations during doubles play.
- Be able to refine movement to hit the ball before the second bounce.
- Be able to perform a diagonal serve to begin a game.



# Hanslope Primary School Summer 1

## PE Knowledge Organiser

### Year 6: Athletics and Tennis

#### How does this link to my previous learning?

- Athletics and Tennis in Y5

#### 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 for secondary school and increased competitive environments

#### What key vocabulary will I learn:

- Sprint start
- Triple jump
- Parlauff
- Scissor jump
- Two handed backhand
- Lob shot
- Rules
- Scoring
- Formations
- Doubles
- Tactics

#### Athletics:

#### What will I know by the end of this unit:

- Be able to use the sprint start technique to increase running speed.
- Be able to perform the three phases of the triple jump.
- Be able to perform the heave throw technique
- Be able to assess their own ability to play their role in parlauff.
- Be able to perform the scissor jump technique
- Be able to record and relay results over a range of track and field events.

#### Tennis:

- Be able to communicate clearly with a partner to score points.
- Be able to attempt a two-handed backhand shot with control.
- Be able to perform a lob shot.
- Be able to apply the correct rules and scoring system in games.
- Be able to play in different doubles formations and work with our partner to improve.
- Be able to successfully apply a range of tactics in doubles play.