

Spring 1 KO PE



Hanslope Primary School

Spring 1

PE Knowledge Organiser

Year 1: cognitive skills, gymnastics

How does this link to my previous learning?

- Build upon social skills from last term and apply them
- Build upon gymnastics skills from last year

What key vocabulary will I learn:

- Accurate
- Stretched
- Perform
- Sequence
- Squeezed tight
- Supported
- Balls of feet
- Movement pattern
- Opposite arm and leg
- Smooth
- Continuously
- Sloped
- Backwards
- Heels
- Shoulder
- Width

National Curriculum Links:

- Master basic movements including running, as well as develop balance, agility and coordination, and begin to apply these in a range of activities.
- Engage in competitive and cooperative physical activities.

How does this link to my future learning?

- Will allow to understand creative skills
- Preparation for Y2 gymnastics

What will I know by the end of this unit:

Cognitive skills:

- I can follow simple instructions.
- I can name some things I am good at.
- I can explain why someone is working or performing well.

Gymnastics:

- I can perform an accurate shape.
- I can use good body tension to hold the shape.
- I can perform a repeatable shape.
- I can move with good posture.
- I can move with light and quiet steps.
- I can perform accurate movement patterns.



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Year 2: cognitive skills, gymnastics

How does this link to my previous learning?

- Build upon social skills from last term and apply them
- Build upon gymnastics skills from last year

What key vocabulary will I learn:

- Recognise
- Order
- Lifting
- 90 degrees
- low beam
- Preparation phase
- Absorb impact
- Footwork pattern
- Landing spot
- Controlled
- Accurate
- Fluent
- Pivoting
- Spotting
- Accuracy of shape

National Curriculum Links:

- Develop balance, agility and coordination and begin to apply these in a range of activities, individually and with others.
- Engage in competitive and cooperative physical activities.

How does this link to my future learning?

- Will allow to understand creative skills
- Preparation for Y3 gymnastics

What will I know by the end of this unit:

Cognitive skills:

- I can understand and follow simple rules.
- I can name some things I am good at.
- I can explain why someone is working or performing well.
- With help, I can recognise similarities and differences in performance.
- I can explain what I am doing well and begun to identify areas for improvement

Gymnastics:

- I can maintain an accurate shape throughout.
- I can move smoothly and fluently.
- I can remain balanced throughout.
- I can rotate with control.
- I can remain balanced throughout.
- I can maintain contact with apparatus



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Year 3: cognitive skills, gymnastics

How does this link to my previous learning?

- Build upon social skills from last term and apply them
- Build upon gymnastics skills from last year

What key vocabulary will I learn:

- Action
- Identify
- Avoiding
- Fingertips
- Gradually
- Body tension
- Levels
- Consecutively
- Flight phase
- Squeeze body muscles
- Partial contact
- Tight and extended

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?

- Will allow to understand creative skills
- Preparation for Y4 gymnastics

What will I know by the end of this unit:

Cognitive skills:

- I can begin to order instructions, movements and skills.
I can explain why someone is working or performing well.
- I can explain what I'm doing well.
- I can explain what I am doing well and I have begun to identify areas for improvement.
- I can understand ways (criteria) to judge performance.
- I can identify specific parts of a performance

Gymnastics:

- I can balance with control (minimum wobble).
- I can balance with supporting foot still.
- I can hold the balance for at least 3 seconds.
- I can perform an accurate movement pattern and preparation phase.
- I can create a clear shape during flight.
- I can land quietly and in balance.



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Year 4: cognitive skills, gymnastics

How does this link to my previous learning?

- Build upon social skills from last term and apply them
- Build upon gymnastics skills from last year

What key vocabulary will I learn:

- Improvement
- Angle
- Fluidly
- Attacking
- Defending
- Complete
- Increasing
- In combination
- Collaborative
- Exchange
- Navigate
- Core muscles
- Repeatable
- Coordination
- Active balance

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?

- Will allow to understand creative skills
- Preparation for Y5 gymnastics

What will I know by the end of this unit:

Cognitive skills:

- I can begin to order instructions, movements and skills.
I can explain why someone is working or performing well.
- I can explain what I'm doing well.
- I can explain what I am doing well and I have begun to identify areas for improvement.
- I can understand ways (criteria) to judge performance.
- I can use awareness of space/others to make good decisions.

Gymnastics:

- I can perform an accurate preparation phase.
- I can create a clear shape during flight.
- I can land quietly and in balance.
- I can perform accurate footwork patterns and take-off.
- I can move with good posture.
- I can move smoothly and fluently



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Year 5: cognitive skills, gymnastics

How does this link to my previous learning?

- Build upon social skills from last term and apply them
- Build upon gymnastics skills from last year

What key vocabulary will I learn:

- Criteria
- Force
- Various
- Engage muscles
- In time
- Synchronise movements
- Connected
- Active balance
- Partial contact,
- Accomplished,
- Specific
- Patterns of play

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.
- Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance.

How does this link to my future learning?

- Will allow to understand creative skills
- Preparation for Y6 gymnastics

Cognitive skills:

What will I know by the end of this unit:

- I can explain what I am doing well.
- I have begun to identify areas for improvement.
- I can understand ways (criteria) to judge performance.
- Identify specific strengths and weaknesses within the opposition.
- I can suggest patterns of play which will increase chances of success.
- I can develop methods to outwit opponents.

Gymnastics:

- I can balance with control (minimum wobble).
- I can balance with both/all partners in a static position.
- I can perform an accurate movement pattern and preparation phase.
- Decide on footwork pattern and jump before starting.
- I can create a clear shape during flight.
- Land through balls of feet with soft knees to absorb impact.
- I can move in coordination with my partner.



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Year 6: cognitive skills, gymnastics

How does this link to my previous learning?

- Build upon social skills from last term and apply them
- Build upon gymnastics skills from last year

What key vocabulary will I learn:

- Criteria
- Force
- Various
- Engage muscles
- In time
- Synchronise movements
- Connected
- Active balance
- Partial contact,
- Accomplished,
- Specific
- Patterns of play

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.
- Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance.

How does this link to my future learning?

- Will allow to understand creative skills
- Preparation for secondary gymnastics

Cognitive skills:

What will I know by the end of this unit:

- I can explain what I am doing well and I have begun to identify areas for improvement.
- I can understand the simple tactics of attacking and defending.
- I can use awareness of space/others to make good decisions.
- I can develop methods to outwit opponents.
- I can read and react to different game situations as they develop.

Gymnastics:

- I can balance with control (minimum wobble).
- I can balance with both/all partners in a static position.
- I can perform an accurate movement pattern and preparation phase.
- Decide on footwork pattern and jump before starting.
- I can create a clear shape during flight.
- Land through balls of feet with soft knees to absorb impact.
- I can move in coordination with my partner.