



EYFS LEARNING IN

P.E. KNOWLEDGE ORGANISER



Overview

Physical Education

-In Physical Education, we learn about and take part in physical activities and sports.

-‘Physical’ means things we do with our bodies.

-PE helps us to stay physically fit and healthy, and teaches us how to play different sports.

In EYFS, early PE knowledge is based within the ‘Physical Development’ and ‘Expressive Arts and Design’ learning areas.



Physical Development

	Basic Movements Sub-Area: Moving and Handling	-In PE, we learn to <u>move</u> in lots of different ways (see the <u>movements</u> at the bottom of the page). -We can move over, under, around, and through things. -When climbing <u>up stairs</u>, steps or climbing equipment, we need to <u>alternate feet</u> (change which foot leads) -When moving down stairs, steps or climbing equipment, we can still put <u>two feet</u> on a step.
	Using Equipment Sub-Area: Moving and Handling	-<u>Sports Equipment</u>: the things that we play sports with. Different equipment is used for different sports. -You should learn <u>which sport</u> the equipment is for, and <u>what it is used for</u>. You should be beginning to learn how to <u>use each piece of equipment properly</u>. Football Tennis Ball Basketball Hockey Stick Tennis Racquet Golf Club Hula Hoop Whistle Skipping Rope Bean Bag Net Posts Flags
	Running and Jumping Sub-Area: Moving and Handling	-When we are <u>running</u>, we can change <u>speed</u> (how fast we run) and <u>direction</u> (where we run to). This helps us to stay in space and to make sure that we don't crash! When we are jumping, we should bend our knees for extra height! We should land on both feet, and bend our knees to cushion the fall.

Physical Development

Healthy Living Sub-Area: Health and Self-Care

-It is important to stay healthy so that we feel good, and we can live long and happy lives.

-One way to stay fit and healthy is to eat healthy foods, for example fruit (e.g. apples, grapes, strawberries) and vegetables (e.g. carrots, lettuce, sweetcorn)



-Another way to stay fit and healthy is to exercise, e.g. running, playing sports, cycling or swimming.



-It is also important to make sure that we get enough sleep (10-12 hours for 4-5 year olds) and that we are hygienic (see below).

Safety Sub-Area: Health and Self-Care

-Safety is about protecting ourselves from danger or harm.

-It is important that we always think about the risks of the things that we do. We should take action to make the risks smaller, if we can. We should avoid things if they are too risky.



Key Vocabulary

Physical

Sport

Healthy

Exercise

Run

Jump

Movement

Safety

Dance

Expressive Arts and Design

	Using Your Imagination Sub-Area: Being Imaginative	-Using your imagination is about having new ideas! -When using our imaginations, we can make things that are fun, new and interesting. We can also <u>show emotions</u> (feelings) and <u>copy movements</u> (e.g. a cat, a box). -In PE, our imagination can help us to create interesting dances, think up new games and sports, and find new ways to exercise.
	Dancing and Moving Sub-Area: Being Imaginative	-When we dance, we <u>use our bodies</u> to <u>move to the sound of music</u>. -We can move some parts of our bodies to create sounds along to the beat, for example <u>stamping our feet</u> and <u>clapping our hands</u>. -We can repeat some movements in a pattern, in order to create <u>dance sequences</u>. We can also dance to <u>show emotions and copy movements</u>.

Movements

Running



Crawling



Jumping



Shuffling



Skipping



Hopping



Rolling



Sliding





ATHLETICS

KNOWLEDGE ORGANISER

KS1



Overview

-Athletics is the name for a number of different sports that require strength, endurance and skill. Athletics includes track and field events.

-Track events involve running and sprinting. Examples are the 100 metre sprint and hurdles.

-Field events often use skills like jumping and throwing. Examples include the shotput throw and the long jump.

-Someone competing in athletics is known as an athlete. They should learn how to perform movements safely, build our confidence and respond to feedback given by others.



Social and Emotional

Supporting and Encouraging
Encouraging and supporting others can help them to feel good and perform well.



Honesty and Fair Play
Fair play is about learning the rules of the game and putting them into practice honestly. We should not try to gain an unfair advantage over others.

Keeping Safe
Follow the rules and listen to the coach/ referees instructions. Store and handle apparatus properly.



Building Confidence
Some athletic moves can be difficult or dangerous. It is important that we believe in ourselves and build confidence before attempting moves.

Perseverance
Perseverance is about keeping going even when something is difficult or tiring.



Challenging Myself
Whenever we learn anything, we have to start somewhere! Improving ourselves is all about putting in hard work and practice, challenging ourselves to be better than we were before!

Key Vocabulary

Athletics
Strength
Speed
Endurance
Running
Jumping
Throwing
Sprinting
Obstacle
Equipment
Persevere
Hurdling
Distance

Physical

Skill	Definition	How do I do this?
 Sprinting	To run a short distance at top speed.	-Keep looking straight ahead, and take big strides. -Run on the balls of your feet and lift your knees high and fast. Use your arms for balance (alternate to legs) moving from pockets to mouth.
 Hurdling	To leap over obstacles whilst running.	-Look straight ahead when running and hurdling so that you don't over-rotate. Bend your knees on take-off and landing. Count the number of strides between each obstacle and try to keep this even. Keep a rhythm between the obstacles.
 Jumping	To launch both legs off the floor at the same time	-Bend your knees on take-off and landing. -For distance, swing your arms up for momentum. -Where appropriate, take off from two feet.
 Throwing	To launch something with force from the hand.	-Begin with a high elbow in line with shoulder and back of head. Point your non-throwing arm in direction of target. Foot of non-throwing side forward. Push throwing arm forward and release.
Using multiple skills	To use the above skills together.	-Many events involve running and jumping or running and throwing. Make sure that you are still keeping the correct technique, for skill & strength.

Thinking/ Strategic

Obstacle – Something that needs to be avoided (e.g. jumped over or moved around).

Track – The name given to events that take place on a running track. The tracks are often made of rubber for more bounce and speed. Full-sized athletics tracks are often 400 metres around.

Field – Events that do not take place on the running track, e.g. jumping and throwing events. They often take place inside the oval track.

-In athletics, it is important to try and reflect on your strengths and weaknesses in order to beat your personal bests. When things do not go well consider which parts of your technique were not quite right, and take steps to improve them. You should also try to help others to improve through offering clear and fair feedback.

Health and Safety

Exercise in safe spaces. Be mindful of others.	Keep your head up and know what is around you.	Warm up properly including stretching your muscles.	Bend your knees when you land jumps.	When using obstacles, make sure that they are a safe height and are not fixed in the ground.	Make sure that equipment is in working order.	Make sure that equipment is put away properly.	Warm down after exercising.	Remove jewellery and wear suitable clothing/ equipment.
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DANCE

KNOWLEDGE ORGANISER

KS1



Overview

- Dance is all about moving our bodies to a musical rhythm. There are many different types of dance.
- In dance, we explore space, and consider how we can use our bodies to show ideas, moods, characters and feelings.
- In KS1 dance, we learn the basic skills of travelling in different ways. We also consider how to dance can be used to show different things. We use counts of 8 to keep ourselves in time.
- We should learn how to perform movements safely, and begin giving and receiving feedback using the correct key words.



Physical

Skill	Definition	How do I do this?
	To move from one place to another place.	-Think of the different ways that you can travel and change direction, e.g. skipping, crawling, hopping and sliding. Repeat and link actions. -Use counts of 8 to stay in time with the music.
	Body movements in time to the music.	-Examples of actions include clapping, clicking, leaping, crouching, shaking, twisting and spinning. -Use clear and confident actions – don't hold back! -Use counts to help you and others stay in time.
	To use your face to show ideas and emotions.	-Use facial expressions to show different ideas, e.g. animals, people, etc. and to show emotions, e.g. happy, sad, angry, disappointed, etc.
	To hold a body position with control.	-Consider each part of your body and the shapes that you create. Hold moves for at least 5 seconds. Keeping arms and legs further apart helps. -Add quality by being still, pointing fingers & toes. -When taking weight on hands, tense stomach.
	To put actions together.	-Consider how actions look together. Marks for quality, control, and how in time (coordinated) you are with music/ your partner/s.

Social and Emotional

Communication/ Decision-Making
Often, dances require more than one person to work together well as a team. It is important that everyone gets a say, and that we communicate clearly!

Selecting and Applying
There are a huge range of different actions and moves that we can perform. We should select and apply those that are most effective at different times.

Keeping Safe
Follow the rules and listen to the coach's instructions. Store and handle apparatus properly.



Building Confidence
Some dance actions can be difficult. It is important that we believe in ourselves and build confidence before attempting to put tricky sequences together.

Perseverance
Perseverance is about keeping going even when something is difficult or tiring.



Challenging Myself
Whenever we learn anything, we have to start somewhere! Improving ourselves is all about putting in hard work and practice, challenging ourselves to be better than we were before!

Key Vocabulary

Dance
Movement
Body
Balance
Control
Travelling
Facial Expression
Sequence
Confidence
Coordination
Counting
Feedback
Mirroring

Thinking/ Strategic

Feedback – Finding out from someone else what they think about your dance/ actions

Repeating – Doing the same movements over again. It helps to make your dance memorable.

Unison – To dance together, creating a joint effect on those watching.



Mirroring – To copy the movements of your partner/ someone else, matching what they do.

-Success in dance is all about quality and control. Quality is about making sure that your actions and movements look clear and confident. Good posture helps this.

-Control is when you hold positions carefully. Tense your muscles to help control your movements and balances.

Health and Safety

Exercise in safe spaces. Be mindful of others.	Keep your head up and know what is around you.	Warm up properly including stretching your muscles.	Bend your knees when you land from jumps.	Make sure that liquids are kept well away from the dance surface.	Make sure that mats/surfaces are set up properly.	Make sure that any equipment is put away properly.	Warm down after exercising.	Remove jewellery and wear suitable clothing/ equipment.
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FITNESS

KNOWLEDGE ORGANISER

KS1



Overview

- Fitness** is the our ability to exercise (to be physically active).
- General fitness** is about being fit in order to lead a healthy and happy life.
- General fitness may include keeping our heart, lungs, muscles and bones strong.
- Specific fitness** is about being fit in a particular area, perhaps for a sport or an occupation.
- We can **improve** our **fitness** by regularly exercising and eating a healthy diet.



Social and Emotional

Supporting and Encouraging
Encouraging and supporting others can help them to feel good and perform well.



Selecting and Applying
There are lots of different ways that we can stay healthy. We should select and apply those that will have the desired impact on our bodies and minds.

Keeping Safe
Follow the rules and listen to the instructor's advice. Use a mat and apparatus safely.



Building Confidence
Some fitness activities can be difficult or uncomfortable. It is important that we believe in ourselves and build confidence whilst we exercise.

Focus and Perseverance
Focus is all about putting all of our concentration into something, to do our best to get it right. Perseverance is about keeping going even when something is difficult or tiring.

Challenging Myself
Whenever we learn anything, we have to start somewhere! Improving ourselves is all about putting in hard work and practice, challenging ourselves to be better than we were before!

Key Vocabulary

Fitness
Body
Mind
Wellbeing
Stamina
Flexibility
Speed
Agility
Strength
Training
Diet
Circuit
Cardio

Physical (there are many different physical poses that children may perform, these are examples)

Skill	Definition	How do I do this?
 Stamina	Stamina is our ability to keep doing something for a long time.	-Do not start activities too quickly, or you will tire before long. Maintain a steady and comfortable pace throughout, and speed up towards the end if you feel that you are able to.
 Speed	Speed is our ability to do things quickly.	-You can improve the speed at which you can do something by regularly practicing it. We should also make sure that we learn the correct technique for activities (e.g. sprinting technique).
 Agility	Agility is how well we can change our body's position.	-Running around things, jumping over things and balancing on things all use our agility. Agility can be improved by practicing being flexible (e.g. yoga) and well-balanced (e.g. gymnastics).
 Strength	Strength is about being strong; having power over something.	- Strength helps us to life heavy things, strike things harder and repeat movements without making muscles tired. We can make our muscles strong by doing exercises that contract them.
 Flexibility	Flexibility is our ability to bend and stretch.	-Yoga, Pilates and stretching are all ways that we can improve our flexibility. Stay active – being inactive can make our joints stiffen up!

Thinking/ Strategic

Skipping

Skipping is one of the best exercises for cardio (heart and lung) fitness. Remember to jump on balls of the feet and maintain steady rhythm. Hands at waist height.



Circuits

Circuit training involves completing different fitness activities with a short rest period in between. An exercise 'circuit' means to have completed all of the exercises in the program.



Bodyweight Exercises

Bodyweight exercises involve us lifting and moving our bodies in order to develop our muscle and bone strength, and also our lung and heart capacity.



Health and Safety

Exercise in safe spaces. Be mindful of others.	Make sure that you are mindful of who/ what is around you.	Warm up properly including stretching your muscles.	Build up to more difficult exercises over time.	When your partner is trying tricky moves, make sure that you are watching carefully.	Make sure that apparatus/ mats are set up properly.	Make sure that apparatus is put away properly.	Warm down after exercising.	Remove jewellery and wear suitable clothing/ equipment.
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GYMNASTICS

KNOWLEDGE ORGANISER

KS1



Overview

-Gymnastics is a sport in which we do exercises that need strength, balance, flexibility and control.

-In gymnastics, we may use lots of different skills, for example running, jumping, balancing, stretching, bending and tumbling.

-In KS1 gymnastics, we learn the basic skills of travelling in different ways. We also consider how to balance, roll and jump with control. We put our ideas together into sequences.

-We should learn how to perform movements safely, build our confidence and respond to feedback given by others.



Physical

Skill	Definition	How do I do this?
 Travelling	To move from one place to another place.	-Think of the different ways that you can travel, e.g. running, crawling, hopping and sliding. -Changing direction makes movements interesting. -Copy – think about how different animals travel.
 Balancing	To hold a body position with control.	-Consider each part of your body and the shapes that you create. Hold moves for at least 5 seconds. Keeping arms and legs further apart helps. -Add quality by being still, pointing fingers & toes. -When taking weight on hands, tense stomach.
 Jumping	To launch both legs off the floor at the same time	-Keep your chest upright, don't tilt to one side. -Bend your knees & spring upwards to jump high. -Try to land without much noise. Bend your knees.
 Rolling	Moving by turning on the ground.	Begin with barrell rolls and side rolls to build confidence. With front rolls, tuck head in. Knees together. Move into tuck position. Lift hips high. Shoulder blades should touch the floor first.
 Making Sequences	To put moves together.	-Consider how moves look together. Marks for quality and control. Think about your starting and finishing position carefully.

Social and Emotional

Planning

Planning helps us to think about how we are going to achieve tasks before we perform them. We should plan movements and routines in advance.

Selecting and Applying

There are a huge range of different movements and holds that we can perform. We should select and apply those that are most effective at different times.

Keeping Safe

Follow the rules and listen to the coach/ referees instructions. Store and handle apparatus properly.



Building Confidence

Some gymnastic moves can be difficult or dangerous. It is important that we believe in ourselves and build confidence before attempting moves.

Perseverance

Perseverance is about keeping going even when something is difficult or tiring.



Challenging Myself

Whenever we learn anything, we have to start somewhere! Improving ourselves is all about putting in hard work and practice, challenging ourselves to be better than we were before!

Key Vocabulary

Gymnastics
Strength
Balance
Flexibility
Control
Travelling
Balancing
Barrell Roll
Straight Roll
Forward Roll
Sequence
Confidence
Feedback

Thinking/ Strategic

Apparatus– The equipment on which gymnastic moves are performed, e.g. mats, beams.

Beam – A long, thin surface that gymnasts balance on and move around.

Mat – Provides a soft surface for gymnasts to perform movements.



Table – A surface (often with a soft top) on which gymnasts balance and move around.

-Success in gymnastics is all about quality and control. Quality is about making sure that your movements look good. Use good posture and point your fingers and toes to show quality.

-Control is when you hold positions carefully. Tense your muscles to help control your movements and balances.

Health and Safety

Exercise in safe spaces.
Be mindful of others.

Keep your head up
and know what is
around you.

Warm up properly
including stretching
your muscles.

Bend your knees
when you land.

When forward rolling, head
should be tucked in. Shoulder
blades touch down first.

Make sure that
apparatus is set up
properly.

Make sure that
apparatus is put
away properly.

Warm down
after
exercising.

Remove jewellery
and wear suitable
clothing/ equipment.



INVASION GAMES KNOWLEDGE ORGANISER

KS1



Overview

- Invasion games are team games in which we try to invade the other team's space.
- There are normally two teams and two goals. We try to outscore the opposition in a set time period.
- In KS1 invasion games, we learn the basic skills of sending, receiving and dribbling a ball. We also understand the ideas of attacking, defending and being 'in possession.'
- We should learn the rules of a number of invasion games, showing respect and kindness towards our teammates and opponents.



-Invasion games include football (soccer), hockey and basketball.

Social and Emotional

Cooperation

Cooperating is about working together and helping others. Strong teams need each individual to cooperate with their teammates.

Communication

We need to communicate to give and receive information from our teammates. We can do this through speaking, listening and body language.

Supporting and Encouraging
Encouraging and supporting others can help them to feel good and perform well.



Respect and Kindness
Respect is the act of giving attention and showing care to others. It is important to be respectful to teammates, opponents, referees and coaches.

Honesty and Fair Play

Fair play is about learning the rules of the game and putting them into practice honestly.



Managing Emotions

Whilst it is important try your hardest, you should remember that games and sports should be fun. Be considerate to others in victory and be respectful and kind to others in defeat.

Key Vocabulary

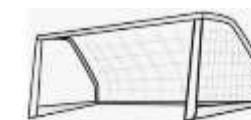
Invasion Games
Football
Hockey
Basketball
Passing
Dribbling
Attacking
Defending
Rules
Respect
Kindness
Teammate
Opposition

Physical

Skill	Definition	How do I do this?
Dribbling 	To move with the ball, keeping it in your possession.	-Keep the ball close to you using soft touches. -Push the ball slightly ahead of you when you are dribbling at speed. -Avoid defenders to stay in possession.
Passing 	To give the ball to another member of your team.	-Look where teammates are before passing. Check carefully for opposition players. -Pass away from defenders to keep possession. -In football, use the inside of the foot to pass.
Finding Space 	To find a space away from other players.	-Look at where team-mates and opposition players are. Move into a space away from them. -Call to teammates when you are free.
Dodging 	To avoid the opposition using movement.	-Bend low when changing direction -Turn your body to face a new direction. -Accelerate into space after changing direction.
Marking 	To stay close to an opposition player.	-Stand sideways so that you can see both the attacker and the ball. -Stay close to the attacker, following movements.

Thinking/ Strategic

Goal – The area in which your team needs to get the ball in order to earn points.



Referee – The person in charge of making sure that the rules of the game are followed.

Possession – Having control of the ball.



Opposition – The players on the opposite team.

-Success in invasion games is about using the space available. Make sure that you pass to teammates who are in a better position than you are.

-Move into space to help your teammates, and mark the opposition to stop them from getting into space.

Health and Safety

Always try to follow the rules of the game.	Be aware of the people and space around you.	Store equipment safely when it is not in use.	Unused balls should be in bags or trolleys.	Hard objects, like hockey sticks and balls, should be used very carefully, to avoid injury.	Make sure that you warm up properly.	Stretch your muscles before exercising.	Warm down when exercising.	Remove jewellery and wear suitable clothing/ equipment.
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SENDING AND RECEIVING KNOWLEDGE ORGANISER

KS1



Overview

-Sending is about learning the skills of throwing, rolling and kicking a ball.

-Receiving is about learning the skills of catching, tracking and stopping a ball.

-We can also use equipment to send and receive balls, for example sticks and racquets.

-We should be able to transfer our sending and receiving skills to balls of different types and sizes.

-We should always follow the rules and correct techniques of sending and receiving to stay safe.



Social and Emotional

Cooperation

Cooperating is about working together and helping others. In order to send and receive balls effectively, we need two people working effectively together.

Communication

We need to communicate to give and receive information from our teammate. Make sure that those receiving know that the ball is coming!

Keeping Others Safe

Follow the rules and listen to the coach/ referees instructions. Store and handle equipment properly.



Respect and Kindness

Respect is the act of giving attention and showing care to others. It is important to be respectful to all of those who we play sport with.

Perseverance

Perseverance is about keeping going even when something is difficult or tiring.



Challenging Myself

Whenever we learn anything, we have to start somewhere! Improving ourselves is all about putting in hard work and practice, challenging ourselves to be better than we were before!

Key Vocabulary

Sending

Receiving

Throwing

Catching

Rolling

Tracking

Stopping

Equipment

Racket

Stick

Improving

Challenging

Persevering

Physical

Skill	Definition	How do I do this?
Rolling 	To move a ball along a surface.	-Point your hand at your target. -Step forward with your opposite leg. Your foot should point in the direction that you want the ball to go.
Stopping 	To stop a ball so that it is no longer moving.	-Move your feet to get in line with the ball as it is coming towards you. -Use two hands to stop the ball. Make sure that your palms are facing the ball, with wide fingers.
Throwing 	To send the ball through the air from your hand.	-Make sure that the person that you are throwing to is ready. Use your other arm to point in the direction that you want the ball to go.
Catching 	To take hold of the ball in your hands before it bounces.	-Watch the ball carefully. Bend your knees as you prepare to catch it. Close your hands around the ball and pull it in to your body.
Kicking 	To control and strike the ball with your feet.	-When receiving, cushion the ball with the inside of your foot. To kick, place your non kicking foot next to the ball. Use the inside of your foot to kick.

Thinking/ Strategic

Racquet – A piece of tennis/squash equipment that has a long handle and an oval head with strings stretched tightly. Used to strike the ball.

Stick – A piece of hockey equipment that has a long, thin handle and a curved edge for hitting the ball.



Striking/ Hitting – the act of hitting the ball so that it moves away from us towards a target. This can be done using a racquet or stick.

Transferring Skills

-We can transfer our sending and receiving skills to lots of different sports, for example:

Rolling: bowls, bowling

Stopping: goalkeeping

Throwing: cricket, rounders

Catching: basketball, rugby

Kicking: football

Health and Safety

Always try to follow the rules of the game.

Be aware of the people and space around you.

Store equipment safely when it is not in use.

Unused balls should be in bags or trolleys.

Hard objects, like hockey sticks and balls, should be used very carefully, to avoid injury.

Make sure that you warm up properly.

Stretch your muscles before exercising.

Warm down when exercising.

Remove jewellery and wear suitable clothing/ equipment.



STRIKING AND FIELDING

KS1



Overview

-Striking is about hitting a target (normally a ball) with our hand or equipment.

-Fielding is about learning the skills of catching, tracking and stopping a ball. It is also about throwing or rolling it to others to stop a batter scoring runs.

-We can also use equipment to strike balls, for example bats, sticks and racquets.

-When fielding, it is important to work as a team, thinking about our position & the position of others.

-We should always follow the rules and correct techniques of striking and fielding to stay safe.



Social and Emotional

Cooperation

Cooperating is about working together and helping others. In order to field effectively, team mates should be organised and work well together.

Communication

We need to communicate clear information to and from our teammates. Make sure that fielders know who should get the ball when, to avoid collisions.

Keeping Others Safe

Follow the rules and listen to the coach/ referees instructions. Store and handle equipment properly.



Respect and Kindness

Respect is the act of giving attention and showing care to others. It is important to be respectful to all of those who we play sport with.

Perseverance

Perseverance is about keeping going even when something is difficult or tiring. We should support and encourage others to do well, by praising their effort and their skills.

Challenging Myself

Whenever we learn anything, we have to start somewhere! Improving ourselves is all about putting in hard work and practice, challenging ourselves to be better than we were before!

Key Vocabulary

Striking

Fielding

Throwing

Catching

Rolling

Tracking

Stopping

Equipment

Bat

Swing

Improving

Challenging

Persevering

Physical

Skill	Definition	How do I do this?
 Rolling	To move a ball along a surface.	-Point your hand at your target. -Step forward with your opposite leg. Your foot should point in the direction that you want the ball to go.
 Stopping	To stop a ball so that it is no longer moving.	-Move your feet to get in line with the ball as it is coming towards you. -Use two hands to stop the ball. Make sure that your palms are facing the ball, with wide fingers.
 Throwing	To send the ball through the air from your hand.	-Make sure that the person that you are throwing to is ready. Use your other arm to point in the direction that you want the ball to go.
 Catching	To take hold of the ball in your hands before it bounces.	-Watch the ball carefully. Bend your knees as you prepare to catch it. Close your hands around the ball and pull it in to your body.
 Striking	To hit the ball with your hand or equipment.	-Stand slightly sideways from the person bowling/ throwing. Watch the ball carefully. Strike by moving your hand, bat away from you. Use the centre of your hand or bat to strike it.

Thinking/ Strategic

Bat – A bat is a piece of equipment that has a handle and a solid surface (normally made out of plastic or wood). We can strike cleanly by using the centre of the surface to hit a ball.



Bases – Bases can be marked out using cones. These are often the places that batters need to run to. We should consider how we organise our fielders to protect bases.



Transferring Skills

-We can transfer our striking and fielding skills to lots of different sports, for example:

Rolling: bowls, bowling

Stopping: goalkeeping

Throwing: cricket, rounders

Catching: basketball, rugby

Striking: volleyball, tennis, cricket

Health and Safety

Always try to follow the rules of the game.

Be aware of the people and space around you.

Store equipment safely when it is not in use.

Unused balls should be put in bags or trolleys.

Hard objects, like rounders bats and cricket balls, should be used very carefully, to avoid injury.

Make sure that you warm up properly.

Stretch your muscles before exercising.

Warm down when exercising.

Remove jewellery and wear suitable clothing/ equipment.



TARGET GAMES KNOWLEDGE ORGANISER

KS1



Overview

- Target games are activities in which players send an object towards a target, while avoiding obstacles on the way.
- Examples of target games include golf, archery, bocchia, curling, bowling and croquet.
- In target games, players often play individually in the same game space, taking turns. They do not interfere with each other's game.
- Target games use physical skills such as striking and throwing to send the object. They also require thinking skills to avoid obstacles.



Social and Emotional

Planning

Planning helps us to think about how we are going to achieve tasks before we perform them. We should plan our routes and strategies before we go.

Keeping Safe

Follow the rules and listen to the instructor's advice. Store and handle equipment properly.



Supporting and Encouraging
Encouraging and supporting others can help them to feel good and perform well.



Respect and Kindness
Respect is the act of giving attention and showing care to others. It is important to be respectful to everyone, including opponents, referees and coaches.

Honesty and Fair Play

Fair play is about learning the rules of the game and putting them into practice honestly. As target games are often played individually, we need to make sure that we are honest about our scores and results.

Managing Emotions

Whilst it is important try your hardest, you should remember that games and sports should be fun. Be considerate to others in victory and be respectful and kind to others in defeat. Use deep breaths to stay calm.

Key Vocabulary

Target Games
Target
Obstacles
Golf
Club
Course
Throwing
Striking
Rolling
Bowling
Fairness
Honesty
Strategy

Physical

Skill	Definition	How do I do this?
Throwing for Accuracy (overarm) 	To send the ball through the air with hand above shoulder.	-Keep your eyes on the target. Your opposite hand should be pointing at the target. Side on from the target. Stand with opposite leg to throwing arm forwards.
Throwing for Accuracy (underarm) 	To send the ball through the air with hand below shoulder.	-Keep your eyes on the target. Your opposite hand should be pointing at the target. Face on from target. Stand with opposite leg to throwing arm forwards.
Bowling Throw 	To roll a bowling ball along the floor towards a target.	-Stand side on to target. Feet parallel, shoulder-width apart. Eyes stay on ball, head still. Swing club back, leading arm stays straight. Swing forward aiming to strike down on the ball.
Golf Swing 	To swing a golf club and strike a golf ball towards a target.	-Grip the club with dominant hand on the bottom, thumbs pointing down the club. Stand side on to target. Feet parallel, shoulder-width apart. Eyes stay on ball, head still. Swing club back, leading arm stays straight. Swing forward aiming to strike down on the ball.

Thinking/ Strategic

Bow and Arrow – The equipment used in archery. The bow is fired by pulling it against the string of the bow and releasing.



Golf Club – A special long stick with a larger part at the bottom that is used to hit the ball in golf.



Bowling Ball – A large, solid ball, that has finger and thumb holes. It is normally quite heavy, so that it can knock over the skittles.

-Success in target games is about thinking carefully in order to overcome or avoid obstacles. You may develop a strategy to help you be successful. For example, you may aim your shot in golf to avoid trees or sand-traps. You also need to think about other factors that may affect your result, e.g. the wind in archery.

Health and Safety

Always try to follow the rules of the game.	Be aware of the people and space around you.	Store equipment safely when it is not in use.	Unused balls should be in bags or trolleys.	Hard objects, like golf clubs and balls, should be used very carefully, to avoid injury.	Make sure that you warm up properly.	Stretch your muscles before exercising.	Warm down when exercising.	Remove jewellery and wear suitable clothing/ equipment.
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TEAM BUILDING KNOWLEDGE ORGANISER

KS1



Overview

- Team games are a group of activities in which players need to work together.
- Unlike sports played by individuals (like singles tennis and golf) teams need the skills and efforts of a group of people in order to achieve success.
- In team games, skills like cooperation and communication are important.
- Team members often play in different positions which are suited to their skills and abilities. Leaders or captains often lead teams.



Physical

Skill	Definition	How do I do this?
 Speed	Speed is about how quickly we can do something.	-You can improve the speed at which you can do something by practicing it – getting your body used to it. Many activities can be completed more quickly as a team than individually.
 Agility	Agility is how well we can change our body's position.	-Running around things, jumping over things and balancing on things all use our agility. Agility can be improved by practicing being flexible (e.g. yoga) and well-balanced (e.g. gymnastics).
 Strength	Strength is about being strong; having power over something.	-Strength lets us lift heavy things. It also helps us to strike things harder and more often, without making our muscles tired. To make our muscles strong, we should eat a healthy, balanced diet & practice movements regularly.
 Accuracy	Accuracy means to be precise at something; having control over it.	-Most games require us to be accurate (e.g. when aiming to shoot at goal in football, or to fire the arrow at the target in archery). We can build our accuracy by learning the correct technique and practicing the movement a lot of times.

Social and Emotional

<u>Planning</u> Planning helps us to think about how we are going to achieve tasks before we perform them. We should plan our routes and strategies before we go.	<u>Keeping Safe</u> Follow the rules and listen to the instructor's advice. Store and handle equipment properly. 
<u>Cooperation</u> Cooperating is about working together and helping others. Strong teams need each individual to cooperate with their teammates. 	<u>Communication</u> We need to communicate to give and receive information from our teammates. We can do this through speaking, listening and body language.
<u>Honesty and Fair Play</u> Fair play is about learning the rules of the game and putting them into practice honestly. As target games are often played individually, we need to make sure that we are honest about our scores and results.	<u>Managing Emotions</u> Whilst it is important try your hardest, you should remember that games and sports should be fun. Be considerate to others in victory and be respectful and kind to others in defeat. Use deep breaths to stay calm.

Key Vocabulary

Team Building
Team Games
Communication
Collaboration
Leadership
Strategy
Respect
Honesty
Reflection
Speed
Agility
Strength
Accuracy

Thinking/ Strategic

	-Success in team games is about thinking carefully about the different ways that the team can be successful, and making a clear plan. This is called a <u>strategy</u> . Your strategy needs to take into account many different things, for example the weather, your team's strengths and weaknesses, and also your opponents.
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Health and Safety

Always try to follow the rules of the game that you are playing.	Be aware of the people and space around you.	Store equipment safely when it is not in use. Put it away correctly.	Unused equipment should be in bags or trolleys.	Hard objects, e.g. sticks, clubs, racquets, should be used very carefully, to avoid injury.	Make sure that you warm up properly before playing sport.	Stretch your muscles before exercising.	Warm down when exercising.	Remove jewellery and wear suitable clothing/ equipment.
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ATHLETICS

KNOWLEDGE ORGANISER

LKS2



Overview

-**Athletics** is the name for a number of different sports that require strength, endurance and skill. Athletics includes track and field events.

-**Track events** involve running and sprinting. Examples are the 100 metre sprint and hurdles.

-**Field events** often use skills like jumping and throwing. Examples include the shotput throw and the long jump.

-Someone competing in athletics is known as an athlete. They should learn how to perform movements safely, build our confidence and respond to feedback given by others.



Physical

Skill	Definition	How do I do this?
Pacing Runs 	To run at a speed that conserves some energy for later use.	-Keep looking straight ahead, and take big strides. -Run on the balls of your feet and lift. Use your arms for balance (alternate arms to your legs move forwards). -Maintain steady breathing, in through the nose, out through the mouth. Run at a pace you can maintain.
Sprinting 	To run as quickly as possible over a short distance	-Keep looking straight ahead, and take big strides. Run on the balls of your feet and lift your knees high and fast. Use your arms for balance (alternate to legs) moving from pockets to mouth, to drive yourself forwards.
Jumping, Hopping and Leaping 	To launch both legs off the floor at the same time	-Bend your knees on take-off and landing. -For distance, drive your arms up for momentum. -A jump is two feet to two feet. A hop is one foot to the same foot. A leap is one foot to the other foot.
Throwing (heavier objects). 	To launch something heavy with force from the hand (in a number of different ways).	-Chest Push: Hold ball at chest, both hands. Lean back. Move from back foot to front foot. Push ball forwards. -Fling: Begin facing away, squatting, ball at one side. As standing, rotate to throw the ball over opposite shoulder. -Overhead: Face direction of throw, one foot in front of other. Hold ball in hands behind head. Pull ball forwards.
Relay Running	A team race, each runner completes part of the distance.	-The receiver should begin running before the giver reaches them. When the giver is about to pass the baton, they should be loud and clear in shouting 'hand.'

Social and Emotional

Supporting and Encouraging
Encouraging and supporting others can help them to feel good and perform well. Try to help other athletes to feel confident so that they can perform at their best.



Honesty and Fair Play
Fair play is about learning the rules of different events and putting them into practice honestly. We should not try to gain an unfair advantage over others, and should be honest to ourselves and others if we feel that we may have fouled.

Keeping Safe
Follow the rules and listen to the coach/ referees instructions. Set up, handle and store apparatus properly.



Keep others safe by ensuring there is appropriate space between you and others.

Building Confidence
Some athletics moves/ events can be difficult or dangerous. It is important that we believe in ourselves and build confidence before attempting moves. Building towards complex moves in steps can help us to achieve this.



Perseverance
Perseverance is about keeping going even when something is difficult or tiring. Excellence in athletics can rarely be achieved the first time – you need to practice and keep trying even if you fail when you first start.



Challenging Myself
Whenever we learn anything, we have to start somewhere! Improving ourselves is all about putting in hard work and practice, challenging ourselves to be better than we were before! In athletics, we can track our personal best in different events, and try different things to keep improving.

Key Vocabulary

Athletics
 Pace
 Distance
 Endurance
 Sprinting
 Jump for Distance
 Jump for Height
 Stamina
 Push Throw
 Overhead Throw
 Fling
 Persevere
 Resilience

Thinking/ Strategic

Javelin – A light spear that is thrown by hand. The aim is to throw it as far as possible. For safety, foam javelins are often used in primary schools.

Shotput – A contest in which a heavy ball is thrown as far as possible. A technique similar to the 'fling' is often used.

Long Jump – An event in which athletes try to jump as far as possible along the ground in one leap.

High Jump – An event in which athletes leap over a bar, which is raised higher until only one athlete can get over it.

-In athletics, it is important to try and reflect on your strengths and weaknesses in order to beat your personal bests.

-When things do not go well consider which parts of your technique were not quite right, and take steps to improve them. You should also try to help others to improve through offering clear and fair feedback.

-Small changes to technique can make a huge difference to the outcome!

Health and Safety

Exercise in safe spaces. Be mindful of others.	Keep your head up and know what is around you.	Warm up properly including stretching your muscles.	Bend your knees when you land jumps.	When using obstacles, make sure that they are a safe height and are not fixed in the ground.	Make sure that equipment is in working order.	Make sure that equipment is put away properly.	Warm down after exercising.	Remove jewellery and wear suitable clothing/ equipment.
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DANCE

KNOWLEDGE ORGANISER

LKS2

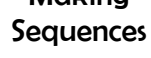


Overview

- Dance is all about moving our bodies to a musical rhythm. There are many different types of dance.
- In dance, we explore space, and consider how we can use our bodies to show ideas, moods, characters and feelings.
- Throughout KS2 dance, we learn how to copy and create actions in response to different ideas and themes. We should also consider how our use of space and timing can create different effects. We can use choreographing to change and adapt ideas.
- Our dances may be with partners or teams. We should work together to perform movements safely, and be able to give and receive feedback using the correct key words.



Physical

Skill	Definition	How do I do this?
	To move from one place to another place.	-Think of the different ways that you can travel and change direction, e.g. skipping, crawling, creeping, hopping and sliding. Repeating and linking actions can help them to contribute to the wider ideas/ themes. -Use counts of 8 to stay in time with the music.
	Body movements in time to the music.	-Examples of actions include clapping, clicking, leaping, crouching, shaking, twisting and spinning. -Use clear and confident actions – they may be exaggerated to make ideas more obvious. -Use counts to help you and others stay in time.
	To respond to the movements and actions of others.	-Using opposites with partners can help us to create a symmetrical 'mirror' effect that is pleasing on the eye. - Consider how movements/actions complement your partners movements/ actions.
	To hold a body position with control.	-Consider each part of your body and the shapes that you create. Hold moves for at least 5 seconds. Keeping arms and legs further apart helps. -Add quality by being still, pointing fingers & toes. -When taking weight on hands, tense stomach.
	To put actions together.	-Consider how actions look together. Marks for quality, control, and how in time (coordinated) you are with music/ your partner/s and/or teams.

Social and Emotional

Communication/ Decision-Making
Often, dances require more than one person to work together well as a team. Communicate to ensure that you stay in time and perform actions in agreed ways. Everyone should get a say in choreographing routines.

Selecting and Applying
There are a huge range of different actions and moves that we can perform. We should select those that are most effective at different times, to demonstrate the themes/ideas that we are trying to show.

Keeping Safe
Follow the rules and listen to the coach's instructions. Store and handle any apparatus that you are using properly. Make sure that higher risk dance moves are performed safely.



Building Confidence
Some dance actions can be difficult. It is important that we believe in ourselves and understand that with practice and understanding we can achieve great things. Praise one another to help build confidence.

Responding to Feedback
We need to ensure that we welcome praise and constructive criticism as tools to improve. We may need to persevere. Perseverance is about keeping going even when something is difficult or tiring.



Challenging Myself
Whenever we learn anything, we have to start somewhere! Improving ourselves is all about putting in hard work and practice, challenging ourselves to be better than we were before! Be ambitious in your choreography, knowing that practice can help you to succeed.

Key Vocabulary

Dance
Movement
Theme
Balance
Control
Travelling
Choreograph
Routine
Confidence
Coordination
Timing
Feedback
Mirroring

Thinking/ Strategic

Feedback – Finding out from someone else what they think about your dance/ actions is vital in improving your dance actions, moves and routines. Remember to be constructive when feeding back to others!

Repeating the same movements over again can help make your dance memorable. Unison means to dance together in time.



Choreography is designing sequences of actions and movements in order to create routines. Choreography may be revisited when something isn't working.

-Success in dance is all about quality and control. Quality is about making sure that your actions and movements look clear and confident. Good posture helps this. Control is when you hold positions carefully. Tense muscles to help control movements and balances. Consider space (e.g. how the space is used, how far apart dancers are) and timing (when/where actions happen, tempo, and how fast or slow movements are performed).

Health and Safety

Exercise in safe spaces. Be mindful of others.	Keep your head up and know what is around you.	Warm up properly including stretching your muscles.	Bend your knees when you land from jumps.	Make sure that liquids are kept well away from the dance surface.	Make sure that mats/surfaces are set up properly.	Make sure that any equipment is put away properly.	Warm down after exercising.	Remove jewellery and wear suitable clothing/ equipment.
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CRICKET KNOWLEDGE ORGANISER

LKS2



Overview

-Cricket is a bat and ball game played between two teams. It is a striking and fielding game.

It involves batting. Batters try to protect their wicket and score runs. They can score runs either by striking the ball past the boundary, or by running between the creases without being stumped.

-Opponents use bowling and fielding to try to get the batter out, and to try and prevent runs. This involves catching, tracking and stopping the ball, and throwing it to others.

-Cricket involves working as a team, thinking about our position & the position of others.



Social and Emotional

Cooperation

Cooperating is about working together and helping others. Strong teams need each individual to cooperate with teammates. Make sure your fielding is appropriately organised so there are few gaps.

Communication

We need to communicate to give and receive information from our teammates. We can do this through speaking, listening and body language. For example, communicate with batters when they should run.

Supporting and Encouraging
Encouraging and supporting others can help them to feel good and perform well. Try to help everyone stay positive.



Respect and Kindness
Respect is the act of giving attention and showing care to others. It is important to be respectful to teammates, opponents, referees and coaches. It is important to be inclusive of others, respecting people of all abilities and experience levels.

Honesty and Fair Play
Fair play is about learning the rules of the game and putting them into practice honestly. Winning only feels as good as it should when you know that you have won fairly. E.g. be honest if you are run out.



Managing Emotions
Whilst it is important try your hardest, you should remember that games and sports should be fun. Be considerate to others in victory and be respectful and gracious in defeat.



Key Vocabulary

Cricket

Fielding

Throwing

Stumping

Striking

Batting

Bowler

Batter

Wicket

Crease

Pitch

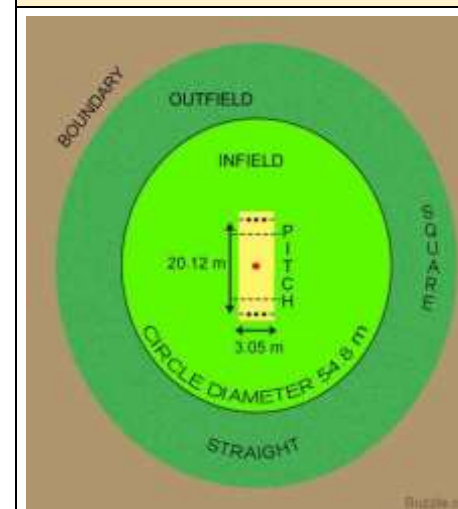
Stumps

Runs

Physical

Skill	Definition	How do I do this?
 Batting	To strike the ball away from you with the surface of the bat.	-Fingers and thumbs wrapped around the bat handle. Make a 'V' using thumb and forefinger. Dominant hand at the bottom. Feet parallel, shoulder-width apart. Push the bat straight, swinging arms away from the body. Keep head and the rest of the body still. Keep eye on the ball.
 Fielding	To stop a ball so that it is no longer moving. To return it to teammates to prevent runs.	-Move feet to get in line with the ball. Use two hands to stop it. Make sure that your palms are facing the ball, with wide fingers. To throw, start with throwing arm behind body. Put opposite foot to throwing arm forwards, weight on back foot. Point throwing arm in direction of target.
 Throwing	To send the ball through the air from your hand.	-You should now be developing overarm throwing. Step forward with opposite foot to throwing arm to stay balanced. Use non-throwing arm to point in direction that the ball should go. Point fingers at target as you release.
 Catching	To take hold of the ball in your hands before it bounces.	-Watch the ball carefully. Hands out as the ball approaches. Bend your knees as you prepare to catch it. Use wide fingers, eyes on the ball, soft hands to catch. Close your hands around the ball and pull it in to your body.
 Underarm Bowling	To send the ball underarm towards the wicket from your hand.	-Step forward with the opposite foot to your bowling arm in order to stay balanced. Keep your bowling arm straight so that the ball travels straight. Release the ball with fingertips pointing towards the target.

Thinking/ Strategic



Scoring Runs

- 1 run for each time running between the wickets.
- 4 runs for hitting the ball past the boundary (hitting the ground first).
- 6 runs for hitting the ball past the boundary without bouncing.

Ways to get a batter out

- Bowled: Bowling the ball at the stumps, past the batter, and knocking off the wicket.
- Caught: Catching the ball after it has been struck by the batter's bat (without it bouncing).
- Run-out: The ball knocks the wicket down whilst the batter is not in the batting crease (e.g. if they are trying to run between the creases).

Health and Safety

Always try to follow the rules of the game.

Be aware of the people and space around you.

Store equipment safely when it is not in use.

Unused balls should be put in bags or trolleys.

Hard objects, like rounders bats and cricket balls, should be used very carefully, to avoid injury.

Make sure that you warm up properly.

Stretch your muscles before exercising.

Warm down when exercising.

Remove jewellery and wear suitable clothing/ equipment.



GYMNASTICS

KNOWLEDGE ORGANISER

LKS2



Overview

-Gymnastics is a sport in which we do exercises that need strength, balance, flexibility and control.

-In gymnastics, we may use lots of different skills, for example running, jumping, balancing, stretching, bending and tumbling.

-In lower KS2 gymnastics, we use a wide range of travelling actions. We also consider more advanced movements and holds. We put our ideas together into more complex sequences.

-We should learn how to create a safe environment, work independently & collaboratively and respond to feedback given by others.



Social and Emotional

Collaboration

Collaboration is about working well with others in order to achieve an agreed goal. When performing movements and balances with a partner, strong collaboration is important for both quality and safety.

Communication

We need to communicate using appropriate language in order to provide effective feedback. We should ensure that we consider the feelings of others, and work on ensuring that our feedback is constructive and helpful.

Key Vocabulary

Gymnastics

Balance

Flexibility

Control

Inverted Movement

Joint Balancing

Shoulder Stand

Tension

Rotation

Straddle Roll

Sequence

Perseverance

Feedback

Keeping Safe

Follow the rules and listen to the coach/ referees instructions. Set up, handle and store apparatus properly.



Keep others safe by ensuring there is appropriate space between you and others.

Building Confidence

Some gymnastic moves can be difficult or dangerous. It is important that we believe in ourselves and build confidence before attempting moves. Building towards complex moves in steps can help us to achieve this.



Perseverance

Perseverance is about keeping going even when something is difficult or tiring. Gymnastic movements and holds can rarely be achieved the first time – they need you to practice and keep trying even when you fail at first.



Selecting and Applying Actions

There are a huge range of different movements and holds that we can perform. We should select and apply those that are most effective at different times. In order to do so, you will need to draw on your skills of creativity and imagination.



Physical

Skill	Definition	How do I do this?
Inverted Movements 	An action where your hips go above your head.	Shoulder Stand: Curl torso and bring knees towards face. Lift hips upwards. Bend elbows and place hands on lower back. Keep elbows on ground. Bridge: Lie on back, soles of feet on floor. Push hips upwards. Extend your arms, so that head is upside down, facing away. Hold for 5 seconds.
Developing Balances 	To hold a body position with control, both individually and with others.	-Strong body tension will help you to hold balances with more control. Hold moves for at least 5 seconds. Use different body parts & levels to keep balances interesting. -Balance in pairs: use body tension to hold one another up. -When taking weight on hands, tense stomach.
Rotation Jumps 	To launch both legs off the floor at the same time, rotating in the air.	-Keep your chest upright, eyes forward. Start with hands by side, and raise them as jumping. Bend your knees & spring upwards to jump high. Land feet together, toes first. Try to land without much noise. Bend your knees.
Rolls 	Moving by turning on the ground.	-You should be becoming more confident with each of the following rolls: straight, barrell, forwards and straddle. -For the more difficult rolls (forward and straddle) body tension is particularly important for maintaining form.
Making Sequences	To put moves together.	-Consider how moves look together. Marks for quality and control. You should now be able to use different apparatus and inverted movements within your sequences. Think about your starting and finishing position carefully.

Thinking/ Strategic

Apparatus– The equipment on which gymnastic moves are performed, e.g. mats, beams, springboards.

Beam – A long, thin surface that gymnasts balance on and move around. A bench can be used as a beginner's beam.

Springboard – A platform that a gymnast jumps on to propel themselves further.



Agility Table – A surface (often with a soft top) on which gymnasts balance and move around. The bars up the side provide climbing movement opportunities.

-Success in gymnastics is all about quality and control. Quality is about making sure that your movements look good. Use good posture and point your fingers and toes to show quality.
-Control is when you hold positions carefully. Tense your muscles to help control your movements and balances.

You need to be able to respond to the feedback given to you by others, improving your areas for development.

Health and Safety

Exercise in safe spaces.
Be mindful of others.

Keep your head up
and know what is
around you.

Warm up properly
including stretching
your muscles.

Bend your knees
when you land.

When forward rolling, head
should be tucked in. Shoulder
blades touch down first.

Make sure that
apparatus is set up
properly.

Make sure that
apparatus is put
away properly.

Warm down
after
exercising.

Remove jewellery
and wear suitable
clothing/ equipment.



HOCKEY

KNOWLEDGE ORGANISER

Lower KS2



Overview

-Hockey is an invasion game in which two teams play against each other.

The aim is to try and manoeuvre the ball or puck into the opposition goal using a hockey stick. The game is played over a set time period, after which the team with the highest number of goals wins.

-There are several different types of hockey, for example field hockey and ice hockey.

-Hockey is a well-liked sport for both men and women. It is played in many countries across the world, and can be played on multiple surfaces.



Physical

Skill	Definition	How do I do this?
Open Stick Dribbling 	To move the ball with the stick, keeping it in your possession.	-Right hand half way down, left hand on top of the stick. -Left hand helps rotation. Right hand gives control. -Keep the stick close to the floor, bend your knees and keep your head up. -Avoid defenders to stay in possession of the ball.
Push Pass 	To send the ball to a teammate by pushing (rather than hitting) the ball.	-Look for an opponent who is in space. -Stick on the ball, no back swing. -Stepping action with opposite foot coming forward. -Push the ball using the flat side of the stick. -Follow through leading with left elbow.
Receiving the Ball 	To receive and hold possession of the ball.	-Move into space away from others. -Move your feet to get in line with the ball. -Stick low to the ground to create a barrier. -Cushion the ball by moving the stick backwards.
Reverse Stick Dribbling 	To avoid the opposition using movement.	-Keep your head up to avoid bumping into others. -Rotate the stick fully over the ball then pull the ball back to where it has come from. Keep both feet on the floor and transfer your weight from right to left.
Open Stick Tackle 	To stay close to an opposition player.	-Widen grip and place the stick towards the ground in a crouched position, creating a barrier. Move to stay in line with the attacker. When you think you can make a tackle, place the stick to the floor to attempt a tackle.

Social and Emotional

<u>Cooperation</u> Cooperating is about working together and helping others. Strong teams need each individual to cooperate with teammates. Remember to pass to teammates and not keep the ball for too long.	<u>Communication</u> We need to communicate to give and receive information from our teammates. We can do this through speaking, listening and body language. This can help us to become a more effective and cohesive team.	Key Vocabulary Hockey Hockey Stick Ball/ Puck Open Stick Dribble Reverse Stick Dribble Push Pass Open Stick Tackle Respect Kindness Rules Emotions Cooperation Opposition
<u>Supporting and Encouraging</u> Encouraging and supporting others can help them to feel good and perform well. Try to help everyone stay positive. 	<u>Respect and Kindness</u> Respect is the act of giving attention and showing care to others. It is important to be respectful to teammates, opponents, referees and coaches. It is important to be inclusive of others, respecting people of all abilities and experience levels.	
<u>Honesty and Fair Play</u> Fair play is about learning the rules of the game and putting them into practice honestly. Winning only feels as good as it should when you know that you have won fairly. 	<u>Managing Emotions</u> Whilst it is important try your hardest, you should remember that games and sports should be fun. Be considerate to others in victory and be respectful and gracious in defeat. 	

Thinking/ Strategic

Goal – The area in which your team needs to get the ball in order to earn points. 	-Success in hockey is about using the space available to your advantage. Make sure that you keep your head up when in possession, and that you pass to teammates who are in a better position than you are. -When others have the ball, don't switch off! Move into space to help your teammates, and mark the opposition to stop them from getting into space and attacking.
Referee – The person in charge of making sure that the rules of the game are followed. 	
Possession – Having control of the ball.	
Opposition – The players on the opposite team.	
Substitution – To swap the players who are on the pitch.	

Health and Safety

Always try to follow the rules of the game.	Be aware of the people and space around you.	Store equipment safely when it is not in use.	Keep hockey stick below waist height.	Hard objects, like hockey sticks and balls, should be used very carefully, to avoid injury.	Make sure that you warm up properly.	Stretch your muscles before exercising.	Warm down after exercising.	Remove jewellery and wear suitable clothing/ equipment.
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NETBALL KNOWLEDGE ORGANISER

Lower KS2



Overview

-Netball is a type of invasion game in which two teams play against each other.

Like basketball, the aim of netball is to try and shoot the ball through the opposition team's hoop, using the hands to manouvre the ball.

-However, unlike basketball, netball players cannot bounce or move with the ball (they can only step when they don't have the ball).

-In netball, players can only go into certain sections of the court, depending upon their position. There are seven fixed positions on court.



Physical

Skill	Definition	How do I do this?
Ball Handling 	To comfortably gain and keep control of the ball.	-Always be prepared. Call when you want to receive the ball. Use two hands to catch the ball. Keep eyes on the ball as it comes towards you. Use soft, ball-shaped hands. When jumping to catch, bend knees to land securely. Clear landing (one foot, then other). Pull ball into chest.
Passing 	To give possession of the ball to a teammate, without an opposition player intercepting.	-Remember to only pass to someone in space. -Chest Pass: Throw from chest height. Step forward with one foot as you throw. Point fingertips at your target. -Bounce pass: As above, but push ball to floor, just over half way to partner. Point fingertips at your target.
Moving 	To get into an open position to receive the ball.	-Move into space away from others. Get low and push off your outside foot in order to dodge the opposition. Call 'here' when you would like to receive the ball. Remember to stay within the court positions you are allowed in.
Defending 	To prevent the opposition from getting the ball to the hoop.	-Ensure you can see both the ball carrier and attacker. Feet shoulder width apart, look for clues of dodging (e.g. shoulder movement). Quick, small steps. Drive onto ball and take with two hands when intercepting.
Shooting 	To attempt to throw the ball through the opposition hoop.	-Begin with your feet shoulder-width apart. Hold the ball in both hands, high above your head. Bend your knees and elbows and then extend, pushing the ball high. Try to concentrate and take your time.

Social and Emotional

Cooperation Cooperating is about working together and helping others. Strong teams need each individual to cooperate with teammates. Remember to pass to teammates and not keep the ball for too long.	Communication We need to communicate to give and receive information from our teammates. We can do this through speaking, listening and body language. This can help us to become a more effective and cohesive team.
Supporting and Encouraging Encouraging and supporting others can help them to feel good and perform well. Try to help everyone stay positive. 	Respect and Kindness Respect is the act of giving attention and showing care to others. It is important to be respectful to teammates, opponents, referees and coaches. It is important to be inclusive of others, respecting people of all abilities and experience levels.
Honesty and Fair Play Fair play is about learning the rules of the game and putting them into practice honestly. Winning only feels as good as it should when you know that you have won fairly. 	Managing Emotions Whilst it is important try your hardest, you should remember that games and sports should be fun. Be considerate to others in victory and be respectful and gracious in defeat. 

Key Vocabulary

Netball
Position
Invasion
Hoop
Court
Teammate
Opposition
Ball Control
Passing
Defending
Shooting
Moving
Offside

Thinking/ Strategic

Positions on Court C = Centre WA = Wing Attack WD = Wing Defence GD = Goal Defence GK = Goal Keeper GS = Goal Shooter GA = Goal Attack Players can only go into certain positions (see right). A player who moves out of position is called <u>offside</u> .		Basic Netball Rules Contact – touching another player. <i>Penalty pass: Stand next to the opposition until they have passed ball.</i> Obstruction – less than 3 feet from the opposition player in possession. <i>Penalty pass (as above)</i> Held Ball – holding ball for longer than 3 seconds. <i>Free pass (ball is given to the opposition. Offender not out of play).</i> Footwork – no stepping in possession of ball. <i>Free pass (as above)</i>
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Health and Safety

Always try to follow the rules of the game.	Be aware of the people and space around you.	Store equipment safely when it is not in use.	Be careful when raising arms/ elbows around others.	Hard objects, like hoop stands, and walls, should be padded where possible, to avoid injury.	Make sure that you warm up properly.	Stretch your muscles before exercising.	Warm down after exercising.	Remove jewellery and wear suitable clothing/ equipment.
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OUTDOOR AND ADVENTUROUS ACTIVITIES KNOWLEDGE ORGANISER



Overview

-Outdoor and adventurous activities involve sports and games played in natural settings, for example, forests, mountains, fields and rivers.

Some examples of outdoor and adventurous activities include team games, mountain biking, abseiling, orienteering, high rope courses, skiing and many, many more!

-Outdoor and adventurous activities often involve a great deal of excitement and risk.

-We should always consider safety and the environment when taking part in these activities.



Physical

Skill	Definition	How do I do this?
	Using your legs to move at speed faster than a walk.	-Look for space. Keep your head up to avoid obstacles. -Use your arm swing to balance and propel you forwards. -Bend down low and push off quickly to change direction. -Use sidesteps to avoid others and obstacles. -Adapt your speed for different situations and activities.
	To hold yourself in a steady position so that you do not fall.	-Make sure that your weight is equally spread (e.g. feet shoulder width apart, not leaning to one side, etc.) -Spread your arms out wide – this moves more of your weight away from the pivot point (your feet). -If moving, do so slowly and mind your step!
	Getting up, or ascending, something, using arms and legs.	-Grip tight and use the power in your legs - your legs have much stronger muscles than your arms. -Learn to backstep when an obstacle is too tricky or dangerous for you to get past.
	To use our eyes to help us complete actions skillfully with our hands.	-Lots of activities require you to use your eyesight to help your muscles perform actions. -Keeping your eyes on the ball, for example, can help you to catch a ball with your hands.
	Activities that require groups of people working together.	-Many activities can be performed more effectively when working with other people. This may require you to delegate roles to different people and communicate calmly, politely and accurately.

Social and Emotional

Teamwork

Remember some of the features of effective teamwork:

- Communication
- Purpose
- Clear Roles based on knowledge/skills
- Respect
- Encouragement
- Effort
- Selflessness

Trust

It is vital that team players show trust in one another. One person cannot be successful all by themselves, and so they should have trust in the skills and abilities of other people.



Honesty and Fair Play

Fair play is about learning the rules of the game and putting them into practice honestly.

Winning only feels as good as it should when you know that you have won fairly.



Communication

Success in OAA games hugely depends on communicating well with teammates. We can do this through speaking, listening and body language. It is important to speak and listen – give others the opportunity to voice ideas.

Respect and Kindness

Respect is the act of giving attention and showing care to others. It is important to be respectful to teammates, opponents, referees and coaches. It is important to be inclusive of others, respecting people of all abilities and experience levels.

Managing Emotions

Whilst it is important try your hardest, you should remember that games and sports should be fun. Be considerate to others in victory and be respectful and gracious in defeat.



Key Vocabulary

Outdoor
Adventurous
Activities
Hand-Eye Coordination
Orienteering
Map
Rock Climbing
Abseiling
Landscape
Obstacle
Route
Safety
Environment

Thinking/ Strategic

Planning and Problem-Solving – Before starting OAA tasks, teams should create a clear plan of what they want to achieve, and how they will achieve it.

Strategy – The strategy is the plan of action that the team uses to try and reach its goal.



Instructions – A ways of communicating that is clear, precise and to the point, so that it can be easily understood.

Obstacle – Something that blocks the way and prevents progress from happening. Needs to be avoided or tackled.

Map Reading

-There are a number of strategies that you can use to read and communicate the information on a map.

-Use points of reference (e.g. trees, buildings, etc.) to help you locate where other things are.

-Use prepositions, e.g. beyond, in front of, above, below, to the right, on the left, through, around, etc.

-You may be introduced to a compass to find basic directions (north, east, south, west).



Health and Safety

Give your partner clear instructions to keep them safe.

Be aware of the people and space around you.

Look after the environment. Make sure that your games do not damage the natural environment.

Always have someone else with you during OAA games.

Make sure that you follow the rules of the game, and use the equipment safely.

Make sure that you warm up properly.

Stretch your muscles before exercising.

Warm down after exercising.

Remove jewellery and wear suitable clothing/ equipment.



ROUNDERS KNOWLEDGE ORGANISER

LKS2



Overview

-Rounders is a bat and ball game played between two teams. It is a striking and fielding game.

It involves batting, (hitting a ball with a bat) and running around a circuit of bases.

-Opponents use fielding to prevent the batter running around the circuit. This involves catching, tracking and stopping the ball, and throwing it to others.

-When fielding, it is important to work as a team, thinking about our position & the position of others.

-We should always follow the rules and correct techniques of striking and fielding to stay safe.



Social and Emotional

Cooperation

Cooperating is about working together and helping others. Strong teams need each individual to cooperate with teammates. Make sure your fielding is appropriately organised so there are few gaps.

Communication

We need to communicate to give and receive information from our teammates. We can do this through speaking, listening and body language. For example, communicate with batters when they should run.

Key Vocabulary

Rounders

Fielding

Throwing

Stumping

Striking

Tracking

Bowler

Batter

Backstop

Collaboration

Honesty

Fair Play

Persevering

Supporting and Encouraging

Encouraging and supporting others can help them to feel good and perform well. Try to help everyone stay positive.



Respect and Kindness

Respect is the act of giving attention and showing care to others. It is important to be respectful to teammates, opponents, referees and coaches. It is important to be inclusive of others, respecting people of all abilities and experience levels.

Honesty and Fair Play

Fair play is about learning the rules of the game and putting them into practice honestly. Winning only feels as good as it should when you know that you have won fairly. E.g. be honest if you are stumped out.



Managing Emotions

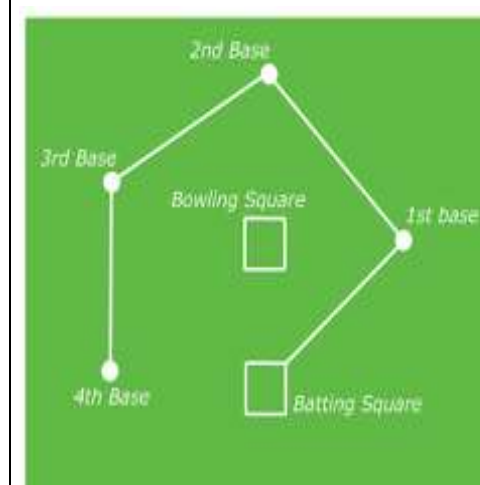
Whilst it is important try your hardest, you should remember that games and sports should be fun. Be considerate to others in victory and be respectful and gracious in defeat.



Physical

Skill	Definition	How do I do this?
Batting 	To strike the ball away from you with the surface of the bat.	-Stand slightly sideways from the person bowling/ throwing. Watch the ball carefully. Strike by moving your bat away from you. Use the centre of the bat to strike it. Look to strike the ball in space between fielders.
Fielding 	To stop a ball so that it is no longer moving. To return it to teammates to prevent runs.	-Move feet to get in line with the ball. Use two hands to stop it. Make sure that your palms are facing the ball, with wide fingers. To throw, start with throwing arm behind body. Put opposite foot to throwing arm forwards, weight on back foot. Point throwing arm in direction of target.
Bowling 	To send the ball through the air from your hand.	-The ball should be bowled underarm. Step forward with opposite foot to throwing arm to stay balanced. Use your non-throwing arm to point in the direction that you want the ball to go. Point fingers at the target as you release.
Catching 	To take hold of the ball in your hands before it bounces.	-Watch the ball carefully. Hands out as the ball approaches. Bend your knees as you prepare to catch it. Use wide fingers, eyes on the ball, soft hands to catch. Close your hands around the ball and pull it in to your body.
Running Between Bases 	To hit the ball with your hand or equipment.	-After striking, look carefully at where the ball has gone, and the fielders who are close to it. Run around the outside of the bases. Stay close to the cones, keeping them on the left-hand side. Stop at a cone if you can see that a fielder could stump you out at the next cone.

Thinking/ Strategic



Field and Positions

Bowlers bowl from the bowling square. Batters from the batting square. The backstop should be (a safe distance) behind the batter. Fielders should be positioned near bases and in spaces around the field.

-Success in rounders is about working successfully as a team. Batters cannot overtake each other on the circuit, and so all batters need to know when to run. Additionally, fielders should be organised to cover all bases and as many spaces as possible. Call so that other fielders know you are chasing a ball. This prevents collisions.
-When fielding, don't switch off! You never know when you are going to be needed to stop/catch/return the ball!

Health and Safety

Always try to follow the rules of the game.

Be aware of the people and space around you.

Store equipment safely when it is not in use.

Unused balls should be put in bags or trolleys.

Hard objects, like rounders bats and cricket balls, should be used very carefully, to avoid injury.

Make sure that you warm up properly.

Stretch your muscles before exercising.

Warm down when exercising.

Remove jewellery and wear suitable clothing/ equipment.



TAG RUGBY KNOWLEDGE ORGANISER

Lower KS2



Overview

-Tag Rugby is an invasion game in which two teams play against each other. In tag rugby, players carry the ball using their hands. The aim is to ground the ball in goal areas.

-Teams have six plays to do so: being 'tagged' when in possession of the ball ends one play.

-The ball can only be passed backwards or sideways to teammates, but can be kicked forwards (the receiver must be behind the ball).

-In lower KS2 rugby, we learn how to keep possession, pass, catch, dodge, tag and score. We also develop strategies to collectively succeed.



Physical

Skill	Definition	How do I do this?
	To move with the ball in your hands.	-Carry the ball in two hands, allowing for quicker passes in any direction. Run when defenders are not too close. -Where needed, try to dodge past defenders by pushing off your outside foot to change direction. You can't block your tag. Run to spaces where there are no defenders.
	To send the ball to a teammate by throwing it to them.	-Create a W shape with hands on the ball. -Hands on the side of the ball, fingers spread out. -Stand sideways on to your receiver. Swing your arms back and forth like a pendulum. Release the ball with your arms pointing towards the receiver.
	To receive and hold possession of the ball with the hands.	-Move your feet to get in line with the ball. -Eyes on the ball. Hands out to meet the ball. -Catch the ball on its width (sides). Bring it under control by moving the ball in towards your body.
	To help a teammate who has the ball.	-Move with your teammate as they are running with the ball, so that you are ready to receive a pass. -Keep space between yourself and the ball carrier, so that they have space to pass. Stay behind/ sideways to ball.
	To touch the player in possession of the ball.	-Make sure that you are close enough to the player in possession before reaching for the tag. -When successful, hold the tag in the air and shout 'tag.' -Hand back the tag to the player when they return.

Social and Emotional

<u>Cooperation</u> Cooperating is about working together. Strong teams need each individual to cooperate with teammates. Remember to pass to teammates and not keep the ball when it is not best for the team.	<u>Inclusion</u> Inclusion is about proactively including everyone. People of all backgrounds and abilities can enjoy tag rugby and contribute to teams. Encourage team mates and welcome everyone's participation. 	Key Vocabulary Tag Rugby Rugby Ball Invasion Game Ground Goal Area Back/ Forward Pass Tag Carry Dodge Offside Inclusion Cooperation Fair Play/ Honesty
<u>Supporting and Encouraging</u> Encouraging and supporting others can help them to feel good and perform well. Try to help everyone stay positive by saying and doing the right things when playing sport with others. 	<u>Respect and Kindness</u> Respect is the act of giving attention and showing care to others. It is important to be respectful to teammates, opponents, referees and coaches. It is important to be inclusive of others, respecting people of all abilities and experience levels.	
<u>Honesty and Fair Play</u> Fair play is about learning the rules of the game and putting them into practice honestly. Be honest when you or your teammates are tagging or have been tagged. Games are not as much fun when not played fairly. 	<u>Managing Emotions</u> Whilst it is important try your hardest, you should remember that games and sports should be fun. Be considerate to others in victory and be respectful and gracious in defeat. 	

Thinking/ Strategic

Goal Area – The area in which your team needs to ground the ball in order to get points.	-Success in rugby is about finding the right strategies to succeed against your opponents. Attack space and do not run directly at defenders. The most important idea is to run forward! -When others have the ball, don't switch off! Move into space to help your teammates. When defending, ensure that you stay onside, and close off the space to minimise point-scoring opportunities.
Forward Pass – An illegal pass in which the ball is passed forwards through the hands to a teammate. Penalised with a free pass to the other team.	
Offside – When a tag is made, all defenders must get back in front of the ball. Players behind are 'offside.' Defenders cannot block or intercept the first pass after a tag.	
Tag Belt – A Velcro belt to which tags are attached.	

Health and Safety

Always try to follow the rules of the game.	Be aware of the people and space around you.	Store equipment safely when it is not in use.	Ensure that you keep your eyes on the ball.	In tag rugby, do not attempt contact rugby tackles. You could injure yourself or others.	Make sure that you warm up properly.	Stretch your muscles before exercising.	Warm down after exercising.	Remove jewellery and wear suitable clothing/ equipment.
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TENNIS

LKS2



KNOWLEDGE ORGANISER

Overview

- Tennis is a fast-paced net game played using a stringed racquet and a tennis ball.
- The goal of tennis is to strike the ball with the racquet over the net and into the opponent's court. A point is won when the opponent cannot return the ball.
- Tennis can be played between two people (singles) or four people in teams of two (doubles). Tennis can be played on grass, clay and hard courts. A tennis court has different markings for singles and doubles matches.
- Tennis has an unusual scoring system. Playing tennis requires perseverance, honesty and fair play.



Physical

Skill	Definition	How do I do this?
The Ready Position 	To be prepared to act when the ball is approaching you.	-The ready position is used in net and wall games when waiting for the ball. It allows for quick movement and change of direction. Keep your eyes on the ball. Feet apart. Knees bent. Move your feet (small quick steps) to get in line with ball. Return to ready position after each shot.
Forehand 	A shot with the palm of the hand facing in the direction of the target.	-Start in the ready position. Move from this position to sideways on to the ball. Swing the racket from low with one hand, over to the other shoulder high. Make contact with the ball when the racquet face is facing your target. Try to hit the ball in the centre of the racquet face.
Two-handed Backhand 	A shot with the back of the hand facing the target.	-From ready position, move racket backwards and turn side on. With both arms, racquet is swung from low position on non-dominant side towards high on shoulder of stronger side. Make contact with the ball when the racquet face is facing your target. Hit the ball in centre of racquet face.
Underarm Serve 	Starting a point fairly.	-Stand behind service line (normally back of court, but may be closer for children). Hit a forehand shot into the service box on the opposite side of opponent's court.
Placing Shots 	Aiming your shots in difficult places for the opponent to return.	-Hit the ball away from where your opponent is standing, but within the court. Try to think about the power you use (it needs to go over the net, but not bounce outside the court) and direction (too far wide and it will be out!)

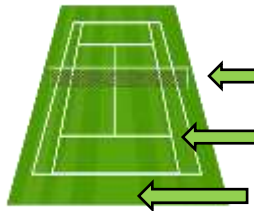
Social and Emotional

Selecting and Applying Actions There are a number of different shots that we can use in tennis. We should select and apply those that are most effective at different times, so that the ball is directed in the best place with the correct amount of power.	Keeping Safe Follow the rules and listen to the coach/ referee's instructions. Set up, handle and store equipment properly.  Ensure there is appropriate space between you and others.
Supporting and Encouraging Encouraging and supporting others can help them to feel good and perform well. Try to help everyone stay positive. 	Respect and Kindness Respect is the act of giving attention and showing care to others. It is important to be respectful to opponents, referees and coaches. It is important to be inclusive of others, respecting people of all abilities and experience levels.
Honesty and Fair Play Fair play is about learning the rules of the game and putting them into practice honestly. For example, if you know that your shot has gone out of the court, be honest and award the point to your opponent. 	Managing Emotions Whilst it is important try your hardest, you should remember that games and sports should be fun. Be considerate to others in victory and be respectful and gracious in defeat. 

Key Vocabulary

Tennis
 Racquet
 Tennis Ball
 Court
 Net
 Singles
 Doubles
 Out
 Forehand
 Backhand
 Serve
 Power
 Direction

Thinking/ Strategic

The Tennis Racquet  -The <u>Head</u>: the part around and including the strings (the <u>Face</u>). -The <u>Neck</u>: the part just below the head. -The <u>Handle</u>: the grip part that is held.	Winning Points A point is won if: -The <u>ball bounces</u> twice before the opponent can hit it (the first bounce must be inside the opponent's court). -Opponent hits the <u>ball into the net</u>. -Opponent hits <u>ball out of the court</u>. You should use your <u>thinking and strategy</u> skills to consider ways that you can place your shots so that your opponent cannot return them. Think about the <u>power and direction</u> of shots.
The Tennis Court  -The <u>Net</u>: Divides each player's court. -<u>Alleys</u>: Only used in doubles. <u>Out</u>: A shot landing here is 'out.'	

Health and Safety

Always try to follow the rules of the game.	Be aware of the people and space around you.	Store equipment safely when it is not in use.	Unused balls should be put in bags or trolleys.	Hard objects, like tennis racquets, should be used very carefully, to avoid injury.	Make sure that you warm up properly.	Stretch your muscles before exercising.	Warm down when exercising.	Remove jewellery and wear suitable clothing/ equipment.
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ATHLETICS

KNOWLEDGE ORGANISER

UKS2



Overview

-Athletics is the name for a group of sporting events that require strength, endurance and skill. Athletics tests the skills of running, jumping and throwing, and includes track and field events.

-Track events involve running and sprinting. Examples are the 100 metre sprint, 110 metre hurdles, the 400 metres and the 1500 metres.

-Field events often use skills like jumping (for distance and height) and throwing (for distance and accuracy). Examples include the long jump, the high jump, the shotput throw and the javelin.

-Someone competing in athletics is known as an athlete. There are also 'combined events' which include the heptathlon and the decathlon.



Physical

Skill	Definition	How do I do this?
 Pacing Runs	To run at a speed that conserves some energy for later use. To alter my pace depending on context.	-Keep looking straight ahead, and take big strides. -Run on the balls of your feet and lift. Use your arms for balance (alternate arms to your legs move forwards). Maintain steady breathing, in through the nose, out through the mouth. Run at a pace you can maintain. Use your thinking and strategic skills to run at a pace that you can maintain and will help you to be successful.
 Sprinting	To run as quickly as possible over a short distance.	-Keep looking straight ahead, and take big strides. Run on the balls of your feet and lift your knees high and fast. Use your arms for balance (alternate to legs) moving from pockets to mouth, to drive yourself forwards. Keep a consistent stride length and breathe steadily, in through the nose, out through mouth.
Jumping for Height	To launch both legs off the floor to jump as high as possible.	-Look straight ahead. Begin in balanced squat position. Swing arms forward and up. Straighten legs when in the air. Bend your knees for a controlled landing. Land feet shoulder-width apart.
 Triple Jump	To hop, step and jump the furthest distance possible.	Remember to bend your knees on take-off and landing. Hop - take off and land on same foot, drive knee upwards and forward. Step - land on opposite foot, as far as you can outwards to gain distance. Jump - Land two feet. Drive hands forward.
 Throwing for distance	To launch something heavy with force from the hand (in a number of different ways).	-Discus Fling: Hold the discus so that it sits flat against the palm of the throwing hand. The edge of the discus sits on the hand, with tops of the fingers wrapped around the edge. The thumb rests on the back of the discus. Hold discus with palm of throwing arm towards your leg. Use a straight arm to throw. Follow through with arms pointing at 45-degree angle.

Social and Emotional

Communication

We need to communicate using appropriate language in order to provide effective feedback. We should ensure that we consider the feelings of others, and work on ensuring that our feedback is constructive. Use communication skills to evaluate athletic performances of others.

Honesty and Fair Play

Fair play is about learning the rules of different events and putting them into practice honestly. We should not try to gain an unfair advantage over others, and should be honest to ourselves and others. Make sure that measures like timings & distances are taken accurately.

Keeping Safe

Follow the rules and listen to the coach/referees instructions. Set up, handle and store equipment properly. Keep others safe by ensuring there is appropriate space between you and others. Use the right technique to avoid injury.



Building Confidence

Some athletics moves/ events can be difficult or dangerous. It is important that we believe in ourselves and build confidence before attempting moves. Having a positive mental attitude and breaking down difficult movements into steps can help.



Perseverance

Perseverance is about keeping going even when something is difficult or tiring. Excellence in athletics can rarely be achieved the first time – you need to practice and keep trying even if you fail when you first start. You should support and encourage others through difficulties.



Challenging Myself

Whenever we learn anything, we have to start somewhere! Improving ourselves is all about putting in hard work and practice, challenging ourselves to be better than we were before! In athletics, we can track our personal best in different events, and try different things to keep improving. Be brave enough to fail and learn from your mistakes!

Key Vocabulary

Athletics

Pace

Stamina

Endurance

Maintain

Respiration

Discus

Overhand

Triple Jump

Hop, Step, Jump

Fling

Personal Best

Resilience

Thinking/ Strategic

Discus – A heavy, thick-centred disc that flung/ hurled for distance as a field event. Speed is generally built up through the discus athlete rotating, before releasing at the right angle.

Triple Jump – An event in which athletes try to jump as far as possible along the ground, using one hop, one step and one jump. Triple jumpers build up speed with a long run up.

Decathlon – A combined athletic event with 10 events: 100-metre sprint, long jump, shot put, high jump, 400-metre race, 110-metre hurdles, discus, pole vault, javelin and 1,500 metres.

Heptathlon – A combined athletic event with 7 events: 100-metre sprint, high jump, shot put, 200-metre sprint, long jump, javelin throw and 800-metre run.

-By upper KS2, you should be able to use strategies (e.g. managing pace in distance races) in order to achieve your best in different events.

-In athletics, it is important to try and reflect on your strengths and weaknesses in order to beat your personal bests.

-When things do not go well consider which parts of your technique were not quite right, and take steps to improve them. You should also try to help others to improve through offering clear and fair feedback. Small changes to technique can make a huge difference to the outcome!

Health and Safety

Exercise in safe spaces.
Be mindful of others.

Keep your head up
and know what is
around you.

Warm up properly
including stretching
your muscles.

Bend your knees
when you land
jumps.

When using obstacles, make sure
that they are a safe height and
are not fixed in the ground.

Make sure that
equipment is in
working order.

Make sure that
equipment is put
away properly.

Warm down
after
exercising.

Remove jewellery
and wear suitable
clothing/ equipment.



DANCE

KNOWLEDGE ORGANISER

UKS2



Overview

- Dance is all about moving our bodies to a musical rhythm. There are many different types of dance.
- In dance, we explore space, and consider how we can use our bodies to show ideas, moods, characters and feelings.
- Throughout KS2 dance, we learn how to copy and create actions in response to different ideas and themes. We should also consider how our use of dynamics, space and timing can create effects. We can use choreographing to change and adapt ideas.
- By upper KS2, we should be showing confidence in our movements and expression. We should also be taking active steps to help to build the confidence of others.
- Our dances may be with partners or teams. We should work together to perform movements safely, and be able to give and receive feedback using the correct key words.



Physical

Skill	Definition	How do I do this?
	To move from one place to another place.	-There are lots of different ways that you can travel and change direction, e.g. skipping, crawling, creeping, hopping and sliding to show different themes or ideas. Dynamics is about how your perform moves (e.g. strong/light, fast/slow) Use counts of 8 to stay in time with the music. Remember to use big, exaggerated movements with confident expression and high energy.
	Body movements in time to the music.	-Examples of actions include clapping, clicking, leaping, crouching, shaking, twisting and spinning. They can be used to show different themes or ideas. Use clear and confident actions – they may be exaggerated to make ideas more obvious. -Use counts to help you and others stay in time.
	To respond to the movements and actions of others.	-Using opposites with partners can help us to create a symmetrical 'mirror' effect that is pleasing on the eye. Consider how movements/actions complement your partners movements/ actions. You should also consider how working at different levels and moving in different directions can create different effects.
	To control where/how we dance when working alongside others.	-Dance is not just about how well you can perform actions and movements alone – it is equally about how well you can perform alongside others. You should be able to hold position in relation to others (see 'formation') and use dynamics, speed, timing and levels in accordance with your partners/ group.
Making Sequences	To put actions together.	-Consider how actions look together. Marks for quality, control, and how in time (coordinated) you are with music/ your partner/s and/or teams. Groups should be able to alter their choreography (see right) to make sequences more effective.

Social and Emotional

Communication/ Decision-Making Often, dances require more than one person to work together well as a team. Communicate effectively to ensure that you stay in time and perform actions in agreed ways. Everyone should get a say in choreographing routines, including decisions on which actions to include.	Selecting and Applying There are a huge range of different actions and moves that we can perform. We should select those that are most effective at different times, to demonstrate the themes/ideas that we are trying to show. We can also apply dynamics, levels, speeds and positions.
Keeping Safe Follow the rules and listen to the coach's instructions. Store and handle any apparatus that you are using properly.  Make sure that higher-risk dance moves are performed safely. Use mats/ spotters where needed.	Building Confidence Some dance actions can be difficult. It is important that we believe in ourselves and understand that with practice and understanding we can achieve great things. Movements should be performed with energy and confidence. Praise one another to help build others' confidence.
Responding to Feedback We need to ensure that we welcome praise and constructive criticism as tools to improve. Try to reflect honestly on all feedback that you are given. We may need to persevere.  Perseverance is about keeping going even when something is difficult or tiring.	Challenging Myself Whenever we learn anything, we have to start somewhere! Improving ourselves is all about putting in hard work and practice, challenging ourselves to be better than we were before! Be ambitious in your choreography – even if you can't complete all actions and movements perfectly at first, know that practice can help you to succeed.

Key Vocabulary

Dance

Movement

Theme

Balance

Control

Formation

Choreograph

Routine

Confidence

Coordination

Dynamics

Feedback

Levels

Thinking/ Strategic

Feedback – Getting feedback from others about your dance is vital in improving your dance actions, moves and routines. Remember to be constructive when feeding back to others!	Repeating movements can help make dances memorable. Unison means to dance together in time.
Choreography is designing sequences of actions and movements in order to create routines. Choreography may be revisited when something isn't working.	Formation is the arrangement of the positions of dancers on the stage/ dancefloor. E.g. dancers facing one another/ in a circle etc.
Success in dance is all about quality and control. Quality is making sure that actions and movements are clear and confident. We should concentrate on each individual action to maintain quality. Control is when you hold positions carefully. Tense muscles to help control movements and balances and keep good posture. Consider space (e.g. how the space is used, how far apart dancers are) and timing (when/where actions happen, tempo, and how fast or slow movements are performed) to add quality and control to dances.	

Health and Safety

Exercise in safe spaces. Be mindful of others.	Keep your head up and know what is around you.	Warm up properly including stretching your muscles.	Bend your knees when you land from jumps.	Make sure that liquids are kept well away from the dance surface.	Make sure that mats/surfaces are set up properly.	Make sure that any equipment is put away properly.	Warm down after exercising.	Remove jewellery and wear suitable clothing/ equipment.
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CRICKET KNOWLEDGE ORGANISER

UKS2



Overview

-Cricket is a bat and ball game played between two teams. It is a striking and fielding game.

It involves batting. Batters try to protect their wicket and score runs. They can score runs either by striking the ball past the boundary, or by running between the creases without being run out by the opposing fielders.

-Opponents use bowling and fielding to try to get the batter out, and to try and prevent runs. This involves catching, tracking and stopping the ball, and throwing it to others.

-Cricket involves working as a team, thinking about our position & the position of others. Batters need to communicate when to run. Fielders need to consider how their field should be organised, and also work together to get the ball to the most appropriate place when the ball is in play.



Physical

Skill	Definition	How do I do this?
 Batting	To strike the ball away from you with the surface of the bat.	-Fingers and thumbs wrapped around the bat handle. Make a 'V' using thumb & forefinger. Dominant hand at bottom. Begin with side-on stance. Feet parallel, shoulder-width apart. Step forward to strike ball. Push bat straight, swinging arms away from body, non-dominant elbow high. Keep head and the rest of the body still. Keep eye on the ball. Aim away from fielders.
 Fielding	To stop a ball so that it is no longer moving. Return to teammates to prevent runs.	-Chase the ball so that your body is in line with it. Place the same foot as your throwing hand in line with it. Collect the ball with throwing hand. Make sure that palms are facing the ball, with wide fingers. Balance yourself before beginning your throw. Look where runners are and throw to appropriate fielder.
 Throwing	To send the ball through the air from your hand.	-Grip the ball in your fingers. Step forward with opposite foot to throwing arm to stay balanced. Keep the elbow of the throwing arm above the shoulder. Step onto front foot, whilst pulling through fast. Use non-throwing arm to point in direction that the ball should go. Point fingers at target as you release.
 Catching	To take hold of the ball in your hands before it bounces.	-Watch the ball carefully. Hands out as the ball approaches. Bend your knees as you prepare to catch it. Use wide fingers, eyes on the ball, soft hands that are cupped to catch. Little fingers of both hands together. Close your hands around the ball. Pull it in close to your body in order to cushion it.
 Underarm Bowling	To send the ball underarm towards the wicket from your hand.	-Step forward with the opposite foot to your bowling arm in order to stay balanced. Keep your bowling arm straight so that the ball travels straight. Release the ball with fingertips pointing towards the target. Arm should finish pointing towards where ball needs to go. Ball must bounce once before hitting wicket.

Social and Emotional

Cooperation

Cooperating is about working together and helping others. Strong rounders teams need each individual to cooperate with their teammates effectively. Fielders have to work as a unit, staying alert and aware of their position. They should work together to get the ball to the right place.

Supporting and Encouraging

Encouraging and supporting others can help them to feel good and perform well. Try to help everyone stay positive. Make sure that your comments to others are aimed either to build their confidence or skills, and are always fair/ appropriate.



Honesty and Fair Play

Fair play is about learning the rules of the game and putting them into practice honestly. Winning only feels as good as it should when you know that you have won fairly. You should be able to officiate your own matches fairly, using the cricket rules you have learnt.



Communication

Success in cricket hugely depends on communicating well with teammates. We can do this through speaking, listening body language and facial expressions. For example, batters should communicate with others when to run. Remember to communicate clearly & appropriately.

Reflection

Reflection is all about looking back at what we did well and what we can still do to improve. This is an essential skill in rounders. For example, a fielding team should reflect if there is a hole in the field. Batters may reflect on when they should have stopped running. etc.

Perseverance

Perseverance is about continuing with tasks even through setbacks or when they are difficult. We should aim to learn from mistakes, rather than dwelling on them. Remember that all successful sportspeople started somewhere, and made lots of mistakes on their way to success! When it gets hard, keep digging in and working to be better.

Key Vocabulary

Cricket

Fielding

Pitch

Stumping

Run Out

Batting

Bowler

Batter

Wicket

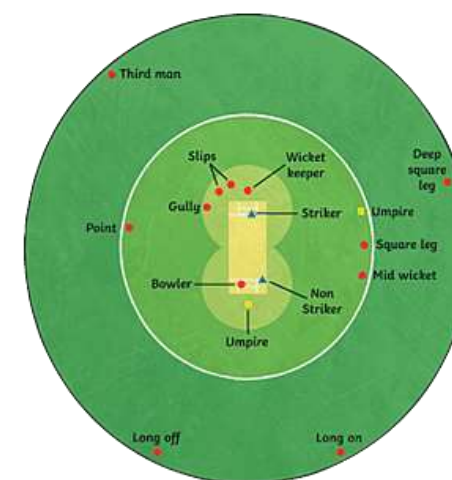
Crease

Pitch

Stumps

Wicket Keeper

Thinking/ Strategic



Scoring Runs

-1 run for each time running between the wickets. 4 runs for hitting the ball past the boundary (hitting the ground first). 6 runs for hitting the ball past the boundary without bouncing. You can also be given additional runs if the bowler bowls the ball too wide or high.

Ways to get a batter out

-**Bowled:** Bowling the ball at the stumps, past the batter, and knocking off the wicket. **Caught:** Catching the ball after it has been struck by the batter's bat (without it bouncing). **Run-out:** The ball knocks the wicket down whilst the batter is not in the batting crease (e.g. if they are trying to run between the creases). Consider how to position your fielders in order to give your team the best chance of getting a batter out.

Health and Safety

Always try to follow the rules of the game.

Be aware of the people and space around you.

Store equipment safely when it is not in use.

Unused balls should be put in bags or trolleys.

Hard objects, like rounders bats and cricket balls, should be used very carefully, to avoid injury.

Make sure that you warm up properly.

Stretch your muscles before exercising.

Warm down when exercising.

Remove jewellery and wear suitable clothing/ equipment.



GYMNASTICS

KNOWLEDGE ORGANISER

UKS2



Overview

-Gymnastics is a sport in which we perform exercises that need strength, balance, flexibility and control.

-In gymnastics, we may use lots of different skills, for example running, jumping, balancing, stretching, bending and tumbling.

-In upper KS2 gymnastics, we develop our understanding of compositional principles, e.g. applying previously-learned movements and holds with variations in level, direction and pathway. We work in larger groups, using formations to develop aesthetics (the way performances look), and put our ideas together into more complex sequences.

-We should learn how to create a safe environment, work independently & collaboratively and respond to feedback given by others.



Social and Emotional

Collaboration

Collaboration is about working well with others in order to achieve an agreed goal. When performing movements and balances with a partner, strong collaboration is important for both quality and safety. Collaboratively evaluate and improve on sequences.

Communication

We need to communicate using appropriate language in order to provide effective feedback. We should ensure that we consider the feelings of others, and work on ensuring that our feedback is constructive. Use communication skills to evaluate sequences.

Key Vocabulary

Gymnastics

Composition

Principles

Formations

Aesthetics

Sequences

Backward Roll

Counter Balance

Cartwheel

Headstand

Vault

Responsibility

Collaboration

Keeping Safe

Follow the rules and listen to the coach's instructions. Set up, handle and store apparatus properly. Keep others safe by ensuring there is appropriate space between you and others. Ensure that you have a spotter for riskier moves.



Building Confidence

Some gymnastic moves can be difficult or dangerous. It is important that we believe in ourselves and build confidence before attempting moves. Building towards complex moves in steps can help us to become far more confident in our skills.



Perseverance

Perseverance is about keeping going even when something is difficult or tiring. Gymnastic movements and holds can rarely be achieved the first time – they need you to practice and keep trying even when you fail at first. You should support and encourage others to keep trying through difficulties.



Selecting and Applying Actions

There are a huge range of different movements and holds that we can perform. We should select and apply those that are most effective at different times – you will need to draw on your skills of creativity and imagination. Consider how moves look together in groups, considering formations.



Physical

Skill	Definition	How do I do this?
Inverted Movements 	An action where your hips go above your head.	You should be building skill and confidence in a range of inverted movements, e.g. bridge, shoulder stand, headstand. <u>Headstand</u> : Lie on back, place hands on floor. Place soles of feet flat on floor. Push hips up and extend arms. <u>Handstand</u> : Hands placed quietly on the floor. Ears hidden between arms throughout. Upper leg should remain straight throughout.
Counter Balance/ Counter Tension 	Different forces between performers are spread equally to create balance.	-Counter balance is any balance where a person uses another person's weight to stay balanced by pushing against them. -Counter tension is any balance where a person uses another person's weight to stay balanced by pulling away from them. -Use body tension to maintain control. Ensure a stable grip.
Flight from Hands 	To travel in the air by propelling/ supporting weight with hands.	-Begin by getting used to supporting your weight on hands using a mat, e.g. bunny hops. Gradually move towards higher apparatus. Keep hands apart, beneath shoulders for balance/ support. When using a vault, knees go between hands.
Rolls 	Moving by turning on the ground.	-You should be developing your skill and confidence even with the more difficult rolls, e.g. forward, straddle and backwards. -When performing backwards rolls, the head should be tucked in, and arms should be extended to propel you backwards.
Making Sequences	To put moves together.	-Consider how moves look together. Marks for quality and control. You should now be able to use different apparatus and inverted movements within your sequences. You should also be working with larger groups, considering formations and patterns. Think about your starting and finishing position carefully.

Thinking/ Strategic

Apparatus– The equipment on which gymnastic moves are performed, e.g. mats, beams, springboards.

Vault – A piece of gymnastic equipment that is designed to be either jumped on or jumped over. It is often used together with a springboard.

Springboard – A platform that a gymnast jumps on to propel themselves further.



Agility Table – A surface (often with a soft top) on which gymnasts balance and move around. The bars up the side provide climbing movement opportunities.

-Success in gymnastics is all about quality and control. Quality is about making sure that your movements look good. Use good posture and point your fingers and toes to show quality.

-Control is when you hold positions carefully. Tense your muscles to help control your movements and balances.

You need to be able to respond to and act upon the feedback given to you by others, improving your areas for development in a mature and thoughtful manner.

Health and Safety

Exercise in safe spaces. Be mindful of others.

Keep your head up and know what is around you.

Warm up properly including stretching your muscles.

Bend your knees when you land.

Whenever using high equipment (e.g. vault, bench) always make sure that you have a spotter.

Make sure that apparatus is set up properly.

Make sure that apparatus is put away properly.

Warm down after exercising.

Remove jewellery and wear suitable clothing/ equipment.



HOCKEY

KNOWLEDGE ORGANISER

Upper KS2



Overview

-Hockey is an invasion game in which two teams play against each other.

The aim is to try and manoeuvre the ball or puck into the opposition goal using a hockey stick. The game is played over a set time period, after which the team with the highest number of goals wins.

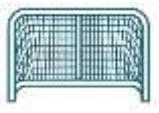
-There are several different types of hockey, for example field hockey and ice hockey.

-Hockey is a well-liked sport for both men and women. It is played in many countries across the world, and can be played on multiple surfaces.

-Players and teams should consider how tactics and strategies can help them to outwit opponents.



Physical

Skill	Definition	How do I do this?
Open and Reverse Stick Dribbling 	To move the ball with the stick, keeping it in your possession.	-Right hand half way down, left hand on top of the stick. -Left hand helps rotation. Right hand gives control. -Keep the stick close to the floor, bend your knees and keep your head up. Turn your stick with your stop hand for control. -Avoid defenders to stay in possession of the ball.
Push Pass 	To send the ball to a teammate by pushing (rather than hitting) the ball.	-Look for an opponent who is in space. Stick on the ball, no back swing. Stepping action with opposite foot coming forward to create more power in the push. Push the ball using the flat side of the stick. Follow through leading with left elbow. Keep your stick lower than waist height.
Receiving the Ball 	To receive and hold possession of the ball.	-Move into space away from others. Move your feet to get in line with the ball. Stick low to the ground to create a barrier. Left elbow as high as shoulder in front of body. Thumb pointed down towards the ground, angled stick, forming a trap. -Cushion the ball by moving the stick backwards.
Shooting 	To direct the ball towards the goal by hitting the ball with your stick.	-Keep your eye on the ball to increase the chances of a clean strike. If possible, slow the movement of the ball so that it is easier to hit. Lift your hockey stick back away from the ball (lower than waist height) and strike the ball towards the goal.
Open Stick/ Jab Tackle 	To stay close to an opposition player.	-Move to stay in line with the attacker. -Open Stick: Widen grip and place the stick towards the ground in a crouched position, creating a barrier. Jab: move the stick quickly in and out like a snake strike.

Social and Emotional

Cooperation

Cooperating is about working together and helping others. Strong teams need each individual to cooperate with their teammates effectively. Teams need everybody to put effort in – one or two weak links can mean that a team is not as effective as it could be!

Supporting and Encouraging

Encouraging and supporting others can help them to feel good and perform well. Try to help everyone stay positive. Make sure that your comments to others are aimed either to build their confidence or skills, and are always fair/ appropriate.



Honesty and Fair Play

Fair play is about learning the rules of the game and putting them into practice honestly. Winning only feels as good as it should when you know that you have won fairly. You should be able to officiate your own matches fairly.



Communication

Success in team games hugely depends on communicating well with teammates. We can do this through speaking, listening body language and facial expressions. It is important to listen, build on and challenge the ideas of others. Remember to communicate clearly & appropriately.

Inclusion

Inclusion is all about including others within groups and teams. We should adopt pro-active behaviours, options and actions to make people from all backgrounds, ages and abilities feel welcome, respected and that they belong as a part of our sporting activities.

Perseverance

Perseverance is about continuing with tasks even through setbacks or when they are difficult. We should aim to learn from mistakes, rather than dwelling on them. Remember that all successful sportspeople started somewhere, and made lots of mistakes on their way to success! When it gets hard, keep going!

Key Vocabulary

Hockey
Hockey Stick
Ball/ Puck
Open Stick Dribble
Reverse Stick Dribble
Push Pass
Open Stick Tackle
Jab Tackle
Awareness
Strategies
Tactics
Perseverance
Feedback

Thinking/ Strategic

Strategies – A strategy is your team's overarching approach to being successful within the game, for example to try and soak up opposition pressure and play on the counter attack.

Tactics – Tactics are the specific actions or steps that the team takes to achieve the strategy, for example to pass the ball to the fast wingers, or for the attackers to support the defense in defensive situations.

By upper Key Stage 2, you should be able to plan and implement some of your own strategies and tactics. Improve your team's effectiveness by evaluating your successes and areas for development afterwards.



Selecting and Applying Skills

You now know a range of different hockey skills, including different ways to dribble, tackle and support your teammates. You should carefully consider which skills to use at which time, in order to provide the most positive outcome.

Observing and Providing Feedback

Watch others as they play and provide constructive feedback on strengths and areas for development. Remember to always be fair and polite to others.

Health and Safety

Always try to follow the rules of the game honestly and safely.

Be aware of the people and space around you. Use communication to let others know where you are.

Perform actions in a strong and balanced position.

Keep hockey stick below waist height at all times.

Hard objects, like hockey sticks and balls, should be used sensibly at all times, as they can easily injure people.

Make sure that you warm up properly.

Stretch your muscles before exercising.

Warm down after exercising.

Remove jewellery and wear suitable clothing/ equipment.



NETBALL KNOWLEDGE ORGANISER

Upper KS2



Overview

-Netball is a type of invasion game in which two teams play against each other.

Like basketball, the aim of netball is to try and shoot the ball through the opposition team's hoop, using the hands to manouvre the ball.

-However, unlike basketball, netball players cannot bounce or move with the ball (they can only step when they don't have the ball). They can also only hold onto the ball for three seconds. There are a number of other rules that players must learn and follow.

-In netball, players can only go into certain sections of the court, depending upon their position. These sections are marked out by lines on the court. There are seven fixed positions that players can play in on court.



Physical

Skill	Definition	How do I do this?
Ball Handling 	To comfortably gain and keep control of the ball.	-Be prepared, and call when you want to receive the ball. Use two hands to catch the ball. Keep eyes on ball as it comes towards you. Use soft, ball-shaped hands. When jumping to catch, bend knees to land securely. Clear landing (one foot, then other). Pull ball into chest. Continuously remain aware of the players around you.
Passing 	To give possession of the ball to a teammate, without an opposition player intercepting.	-Chest pass: Throw from chest height. Step forward with one foot as you throw. Point fingertips at your target. -Bounce pass: As above, but push ball to floor, just over half way to partner. Point fingertips at your target. -Shoulder pass: Elbow in line with shoulder. Throw the ball with one hand. Throwing hand finishes pointing at target.
Moving 	To get into an open position to receive the ball.	-Move into space away from others. Get low and push off your outside foot in order to dodge the opposition. Call 'here' when you would like to receive the ball. Remember to stay within the court positions you are allowed in. After you have passed, don't stop! Keep moving in order to provide options for your teammates.
Defending 	To prevent the opposition from getting the ball to the hoop.	-When marking an attacker, stay close to them. Ensure you can see both the ball carrier and attacker. Feet shoulder width apart, look for clues of dodging (e.g. shoulder movement). Quick, small steps. Drive onto ball and take with two hands when intercepting.
Shooting 	To attempt to throw the ball through the opposition hoop.	-Ensure that you are in the best position possible for shooting. Begin with your feet shoulder-width apart. Hold the ball in both hands, high above head. Bend knees and elbows and then extend, pushing the ball high. Try to concentrate and take your time.

Social and Emotional

Cooperation
Cooperating is about working together and helping others. Strong teams need each individual to cooperate with their teammates effectively. Teams need everybody to put effort in – one or two weak links can mean that a team is not as effective as it could be!

Supporting and Encouraging
Encouraging and supporting others can help them to feel good and perform well. Try to help everyone stay positive. Make sure that your comments to others are aimed either to build their confidence or skills, and are always fair/ appropriate.



Honesty and Fair Play
Fair play is about learning the rules of the game and putting them into practice honestly. Winning only feels as good as it should when you know that you have won fairly. You should be able to officiate your own matches fairly.



Communication
Success in team games hugely depends on communicating well with teammates. We can do this through speaking, listening body language and facial expressions. It is important to listen, build on and challenge the ideas of others. Remember to communicate clearly & appropriately.

Respect and Kindness
Respect is the act of giving attention and showing care to others. It is important to be respectful to teammates, opponents, referees and coaches. It is important to be inclusive of others, respecting people of all abilities and experience levels. Treat others how you would like to be treated.



Managing Emotions
Whilst it is important try your hardest, you should remember that games and sports should be fun. Be considerate to others in victory and be respectful and gracious in defeat. Try to remember that mistakes are an opportunity to learn – don't get too down about them!

Key Vocabulary

Netball
Position
Invasion
Hoop
Court
Teammate
Opposition
Ball Control
Passing
Defending
Shooting
Moving
Offside

Thinking/ Strategic

Positions on Court

C = Centre
WA = Wing Attack
WD = Wing Defence
GD = Goal Defence
GK = Goal Keeper
GS = Goal Shooter
GA = Goal Attack

Players can only go into certain positions (see right). A player who moves out of position is called offside. Use the line markings on the court to help you stay in the correct zones.



Basic Netball Rules

Contact – touching another player.
Penalty pass: Stand next to the opposition until they have passed ball.
Obstruction – less than 3 feet from the opposition player in possession.
Penalty pass (as above)
Held Ball – holding ball for longer than 3 seconds. *Free pass (ball is given to the opposition. Offender not out of play).*
Footwork – no stepping in possession of ball. *Free pass (as above).*
If a shooter attempts a shot, but misses the hoop without touching it, they must wait until another player has touched the ball before they touch it again.

Health and Safety

Always try to follow the rules of the game.

Be aware of the people and space around you.

Store equipment safely when it is not in use.

Be careful when raising arms/ elbows around others.

Hard objects, like hoop stands, and walls, should be padded where possible, to avoid injury.

Make sure that you warm up properly.

Stretch your muscles before exercising.

Warm down after exercising.

Remove jewellery and wear suitable clothing/ equipment.



OUTDOOR AND ADVENTUROUS ACTIVITIES KNOWLEDGE ORGANISER



Overview

- Outdoor and adventurous activities involve sports and games played in natural settings, for example, forests, mountains, fields and rivers.
- Some examples of outdoor and adventurous activities include team games, mountain biking, abseiling, orienteering, high rope courses, skiing and many more!
- School-based OAA tasks are often challenges that require problem-solving skills, teamwork and communication.
- Outdoor and adventurous activities often involve a great deal of excitement and risk.
- We should always consider safety and the environment when taking part in these activities.



Physical

Skill	Definition	How do I do this?
	Using your legs to move at speed faster than a walk.	-Look for space. Keep your head up to avoid obstacles. -Use your arm swing to balance and propel you forwards. -Bend down low and push off quickly to change direction. -Use sidesteps to avoid others and obstacles. -Adapt your speed for different situations and activities.
	To hold yourself in a steady position so that you do not fall.	-Make sure that your weight is equally spread (e.g. feet equally apart, not leaning to one side, etc.) A wider stance can also help you balance. Spread your arms out wide – this moves more of your weight away from the pivot point (your feet). If moving, do so slowly. Keep your head and core steady.
	Getting up, or ascending, something, using arms and legs.	-Grip tight to utilise your hand and finger strength. Remember to use the power in your legs - your legs have much stronger muscles than your arms. Learn to backstep when an obstacle is too tricky or dangerous for you to get past. Make sure that all safety equipment is used correctly.
	To use our eyes to help us complete actions skillfully with our hands.	-Lots of activities require you to use your eyesight to help your muscles perform actions. Keeping your eyes on the ball, for example, can help you to catch a ball with your hands. You can hone your hand eye coordination by practicing skills.
	Being able to keep going physically for an extended period of time.	-When we have stamina, we can keep going at things for an extended period of time. We can build our stamina through practice and training (e.g. going out running or cycling). -Stamina is also affected by our mental willingness to keep going even when things are tough (resilience).

Social and Emotional

Teamwork Remember some of the features of effective teamwork: -Communication -Purpose -Clear Roles based on knowledge/skills -Respect -Encouragement -Resilience -Effort -Selflessness -Inclusion -Trust -Confidence	Communication Success in OAA games hugely depends on communicating well with teammates. We can do this through speaking, listening body language and facial expressions. It is important to listen, build on and challenge the ideas of others – teams rarely work well when one person dominates the conversation.
Trust It is vital that team players show trust in one another. One person cannot be successful all by themselves, and so they should have trust in the skills and abilities of other people. Trust includes knowing when others can help you and listening to them.	Inclusion Inclusion is all about including others within groups and teams. We should adopt pro-active behaviours, options and actions to make people from all backgrounds, ages and abilities feel welcome, respected and that they belong as a part of our sporting activities.
Honesty and Fair Play Fair play is about learning the rules of the game and putting them into practice honestly. Winning only feels as good as it should when you know that you have won fairly. Many OAA games rely on participants to behave honestly, even when referees/officials are not watching.	Confidence Confidence is about having an inner feeling or belief that something can be achieved. It is important to build your own self-confidence in order to succeed in sporting activities. It is also important to show confidence in others, including teammates and officials.

Key Vocabulary

Outdoor
Adventurous
Activities
Hand-Eye Coordination
Strategy
Problem-Solving
Compass
Role
Map Key
Trust
Route
Inclusion
Confidence

Thinking/ Strategic

Planning and Problem-Solving Before beginning OAA tasks, teams should create a clear plan of what they want to achieve, and how they will achieve it. Strategy – The strategy is the plan of action that the team uses to try and reach its goal. Team members may be given different roles to help to implement the strategy. Instructions – A way of communicating that is clear, precise and to the point, so that it can be easily understood. Use imperative verbs to start instruction sentences clearly. Decision Making – Group members should listen to each other's ideas and collectively decide on the approach. The team leader may have overall responsibility for decisions.	Map Reading -There are a number of strategies and skills that you can use to read and communicate the information on a map. -Use points of reference (e.g. trees, buildings, etc.) to help you locate where other things are. A key can help to show you what different symbols mean on a map. -Use prepositions, e.g. beyond, in front of, above, below, to the right, on the left, through, around, behind, across, near, etc. -You may also use a compass to find directions (north, east, south, west, north-east, south-west, etc.) Look out for and avoid obstacles.
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Health and Safety

Give your teammates clear instructions to keep them safe.	Be aware of the people and space around you. Let them know where you are.	Look after the environment. Make sure that your games do not damage the natural environment.	Always have someone else with you when in remote/natural places.	Make sure that you follow the rules, and use apparatus properly, including safety equipment.	Make sure that you warm up properly.	Stretch your muscles before exercising.	Warm down after exercising.	Remove jewellery and wear suitable clothing/equipment.
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TAG RUGBY KNOWLEDGE ORGANISER

Upper KS2



Overview

-Tag Rugby is an invasion game in which two teams play against each other. In tag rugby, players carry the ball using their hands. To score points, the aim is to ground the ball in goal areas. This is called a try.

-Teams have six plays to do so: being 'tagged' when in possession of the ball ends one play.

-The ball can only be passed backwards or sideways to teammates, but can be kicked forwards (the receiver must be behind the ball).

-In upper KS2 rugby, we build on our prior attacking skills of keeping possession, passing, catching, dodging and scoring. We also build our defensive skills, e.g. tagging, tracking and working as a unit. We continue to develop strategies to outwit the opposition and collectively succeed.



Physical

Skill	Definition	How do I do this?
 Carrying	To move with the ball in your hands.	-Carry the ball in two hands, allowing for quicker passes in any direction. Change direction when you see a defender -To dodge when needed, bend low and push off on your outside foot to change direction. Don't block your tag. Decide whether to run or pass depending on the defensive layout.
 Passing	To send the ball to a teammate by throwing it to them.	-Look for teammates who are not close to defenders. -Create a W shape with hands on the ball. -Hands on the side of the ball, fingers spread out. -Stand sideways on to your receiver. Swing your arms back and forth like a pendulum. Release the ball with your arms pointing towards the receiver.
 Drawing Defenders	To tempt defenders out of position.	-Holding onto the ball and running for space will tempt defenders out of position in the defensive line. -Dodge or pass in order to attack the space they have left. -Make quick decisions based on defensive positions.
 Supporting	To help a teammate who has the ball.	-Move with your teammate as they are running with the ball, so that you are ready to receive a pass. Position yourself carefully to exploit any space in the opposition defence. -Keep space between yourself and the ball carrier, so that they have space to pass. Stay behind/ sideways to ball.
 Defending	To stop the opposition scoring points and win position.	-Spread out as a defensive line across the pitch. -Keep feet shoulder width apart so you can change direction. -Make sure you are close enough before reaching for the tag. -When successful, hold the tag in the air and shout 'tag.' -Hand back the tag to the player when they return.

Social and Emotional

Cooperation	Inclusion	Key Vocabulary
Cooperating is about working together and helping others. Strong teams need each individual to cooperate with their teammates effectively. Teams need everybody to put effort in – one or two weak links can mean that a team is not as effective as it could be!	Inclusion is about proactively including everyone. We should adopt proactive behaviours and actions to make people from all backgrounds, ages and abilities feel welcome, respected and that they belong as a part of our sporting activities. 	
<u>Supporting and Encouraging</u> Encouraging and supporting others can help them to feel good and perform well. Try to help everyone stay positive. Make sure that your comments to others are aimed either to build their confidence or skills, and are always fair/ appropriate. 	<u>Respect and Kindness</u> Respect is the act of giving attention and showing care to others. It is important to be respectful to teammates, opponents, referees and coaches. It is important to be inclusive of others, respecting people of all abilities and experience levels. Think about the power of your words/ actions.	
<u>Honesty and Fair Play</u> Fair play is about learning the rules of the game and putting them into practice honestly. Be honest when you or your teammates are tagging or have been tagged. You should now be able to officiate your own matches fairly and in the spirit of the game. 	<u>Perseverance</u> Perseverance is about continuing with tasks even through setbacks or when they are difficult. We should aim to learn from mistakes, rather than dwelling on them. Remember that all successful sportspeople started somewhere, and made lots of mistakes on their way to success! When it gets hard, keep going!	

Key Vocabulary

Tag Rugby

Try

Invasion Game

Attacking Unit

Defensive Unit

Grounding

Drawing Defenders

Carry

Dodge

Offside

Inclusion

Perseverance

Strategies

Thinking/ Strategic

Forward Pass – An illegal pass in which the ball is passed forwards through the hands to a teammate. Penalised with a free pass to the other team.

Offside – When a tag is made, all defenders must get back in front of the ball. Players behind are 'offside.' Defenders cannot block or intercept the first pass after a tag. 

Strategies – A strategy is your team's overarching approach to being successful within the game

Tactics – Tactics are the specific actions or steps that the team takes to achieve the strategy, e.g. pass the ball to fast wingers.

-Success in rugby is about finding the right strategies to succeed against your opponents. Attack space and do not run directly at defenders.

-When others have the ball, don't switch off! Move into space to help your teammates. When defending, ensure that you stay onside, and close off the space to minimise point-scoring opportunities.

Observing and Providing Feedback
 Watch others as they play and provide constructive feedback on strengths and areas for development. Remember to always be fair and polite to others.

Health and Safety

Always try to follow the rules of the game.

Be aware of the people and space around you.

Store equipment safely when it is not in use.

Ensure that you keep your eyes on the ball.

In tag rugby, do not attempt contact rugby tackles. You could injure yourself or others.

Make sure that you warm up properly.

Stretch your muscles before exercising.

Warm down after exercising.

Remove jewellery and wear suitable clothing/ equipment.



TENNIS

KNOWLEDGE ORGANISER

UKS2



Overview

-Tennis is a fast-paced net game played using a stringed racquet and a tennis ball. It is a popular game that is played by many men, women and children across the world.

-The goal of tennis is to strike the ball with the racquet over the net and into the opponent's court. A point is won when the opponent cannot return the ball.

-Tennis can be played between two people (singles) or four people in teams of two (doubles). Tennis can be played on grass, clay and hard courts. A tennis court has different markings for singles and doubles matches.

Tennis has an unusual scoring system, involving points, games, sets and matches. Each point begins with a serve. Playing tennis requires perseverance, honesty and fair play.



Physical

Skill	Definition	How do I do this?
The Ready Position 	To be prepared to act when the ball is approaching you.	-The ready position allows for quick movement and change of direction. Keep your eyes on the ball. Feet apart. Knees bent. Move your feet (small quick steps) to get in line with ball. After you hit each shot, get back to a central position and on the court and return to your ready position. This enables you to be prepared to move to wherever your opponent hits the ball.
Forehand 	A shot with the palm of the hand facing in the direction of the target.	-From ready position, move sideways on to the ball. Swing the racket from low with one hand, over to the other shoulder high. Make contact with the ball when the racquet face is facing your target. As you make contact with the ball, turn your strings to face downwards, to create topspin (this will make shots stay in the opponent's court more easily). Try to hit the ball in the centre of the racquet face.
Backhand 	A shot with the back of the hand facing the target.	-From ready position, move racket backwards and turn side on. With both arms, racquet is swung from low position on non-dominant side towards high on shoulder of stronger side. Make contact with the ball when the racquet face is facing your target. Brush your racket over the top of the ball so that the strings face downwards to the floor – this will create topspin. Hit the ball in centre of racquet face.
Volley 	To strike a ball before it bounces.	-Volleys give a chance to get the ball back to the opponent quickly, so they have little time to react. Move towards the ball before it bounces. Use a punchy action to strike the ball (not a big swing). Hit the ball downwards over net. Firm grip is needed to control racquet and ball.
Underarm Serve 	To start a tennis point fairly, whilst trying to give your opponent a difficult return.	-Stand behind the service line. Throw the ball upwards to head height with a straight arm. Hit the ball with the underarm, so that it goes over the net and into the opponent's service box area. Try to position the serve so into the service box in a difficult place to reach. Don't allow the ball to bounce before hitting it. Hit ball with the centre of the racket.

Social and Emotional

Selecting and Applying Actions

There are a number of different shots that we can use in tennis, e.g. forehands, volleys, backhands, etc. We should select and apply the shots that are the most effective at the right times, so that the ball is directed accurately and with an appropriate amount of power.

Supporting and Encouraging

Encouraging and supporting others can help them to feel good and perform well. Try to help everyone stay positive. Make sure that your comments to others are aimed either to build their confidence or skills, and are always fair/ appropriate.



Honesty and Fair Play

Fair play is about learning the rules of the game and putting them into practice honestly. Tennis requires a great deal of fairness and honesty. For example, if you know that your shot has gone out of the court, be honest and award the point to your opponent.



Keeping Safe

Follow the rules and listen to the coach/ referee's instructions. Set up, handle and store equipment properly. Ensure there is appropriate space between you and others, for example when you are serving the ball.



Respect and Kindness

Respect is the act of giving attention and showing care to others. It is important to be respectful to opponents, referees and coaches. Tennis is often considered a sport of 'ladies' and 'gentlemen!' It is important to be inclusive of others, respecting people of all abilities and experience levels.

Perseverance

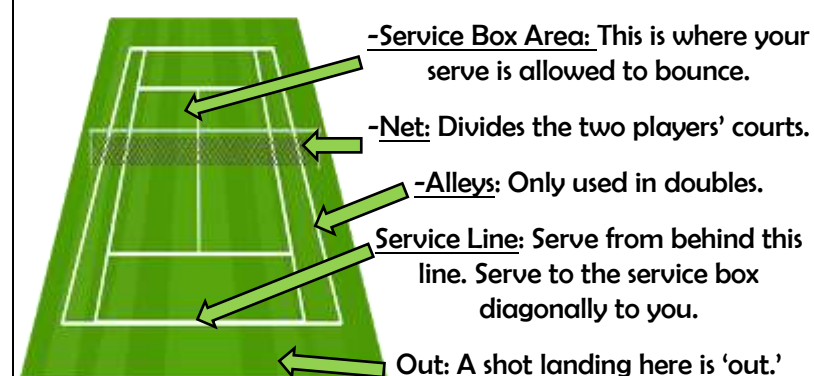
Perseverance is about continuing with tasks even through setbacks or when they are difficult. We should aim to learn from mistakes, rather than dwelling on them. Remember that all successful sportspeople started somewhere, and made lots of mistakes on their way to success! When it gets hard, keep digging in and working to be better.

Key Vocabulary

Tennis
Racquet
Tennis Ball
Court
Net
Volley
Backspin
Topspin
Forehand
Backhand
Serve
Deuce
Advantage

Thinking/ Strategic

The Tennis Court



To be in, the first bounce must be in the opponent's court.

Winning Points

A point is won if:

- The ball bounces twice before the opponent can hit it.
- Opponent hits the ball into the net.
- Opponent hits ball out of the court.

Scoring System

Points are awarded as follows: 15, 30, 40, Game won. If both players reach 40 then game is deuce. A player scoring a point from deuce gains 'advantage.' A point won from advantage is game won.

Health and Safety

Always try to follow the rules of the game.

Be aware of the people and space around you.

Store equipment safely when it is not in use.

Unused balls should be put in bags or trolleys.

Hard objects, like tennis racquets, should be used very carefully, to avoid injury.

Make sure that you warm up properly.

Stretch your muscles before exercising.

Warm down when exercising.

Remove jewellery and wear suitable clothing/ equipment.