

## Subject Knowledge Plan – PE 2020/2021 (subject to change re post-covid guidance)

This plan details the knowledge to be acquired over the key stages. Reception children will access information, experiences and make links through their continuous provision. Year 1 children will focus on acquiring basic skills and knowledge. Year 2 children will continue with progression of basic skills and be supported to recall knowledge and make conceptual links.

National Curriculum Objectives:				
<ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities</li> <li>Participate in team games, developing simple tactics for attacking and defending.</li> <li>Perform dance using simple movement patterns.</li> <li>Swim competently, confidently and proficiently, use a range of strokes effectively (Y2 only)</li> </ul>				
Autumn 1 Transition 2 weeks & Farms 5 weeks		Spring 1 Africa 6 weeks		Summer 1 The Sea 6 weeks
<b>Knowledge: multi skills</b> <i>based on introducing range of skills from games, gymnastics and athletics</i> <b>To know:</b> how to use space and equipment safely. How to travel in different ways at different speeds How to change direction **		<b>Knowledge: Gymnastics</b> <b>To know:</b> an increasing range of basic gymnastics skills Creating simple sequences of “unlike” action on the floor. How to transfer what is learnt on the floor onto the apparatus How to use skills and abilities individually, in combination and in sequence showing as much precision as possible. *		<b>Knowledge: swimming unit 1 (Y2)</b> <b>To know:</b> how to keep afloat, move in the water, meet challenges and breathe when swimming. How to enjoy being in water and how to <b>become</b> more confident. *
<b>Episodic Events: KS1 multi skills</b> **		<b>Episodic Events: Gymnastics coaches</b> <b>Bema ? (revisit dance)</b> <b>KS1 Dance Festival: Bollywood</b> ** <b>Visit to Retford Gymnastics Club</b> *		<b>Episodic Events:</b> <b>Games</b> <b>To know:</b> how to play games that demand simple choices on how to use space and avoid opponents. How to keep the ball and score points How to use skills, strategies and tactics to outwit the opposition **
Autumn 2 Fire Fire! 5 weeks & Christmas 2 weeks		Spring 2 Knights & Castles 6 weeks inc Easter		Summer 2 Journeys 6 weeks & Transition 2 weeks
<b>Knowledge: Dance</b> <b>To know:</b> how to create and perform short dances that communicate different moods, feelings and ideas. How to use a range of subjects such as different times and cultures to inspire dance. Develop and awareness of the historical and cultural origins of different dances **		<b>Knowledge: swimming unit 1 (Y2)</b> <b>To know:</b> how to keep afloat, move in the water, meet challenges and breathe when swimming. How to enjoy being in water and how to become more confident. *	<b>Games</b> <b>To know:</b> how to develop and improve basic skills in throwing, catching and propelling balls. How to make simple choices and decisions to use space and avoid opponents **	<b>Knowledge: swimming unit 1 (Y2)</b> <b>To know:</b> how to keep afloat, move in the water, meet challenges and breathe when swimming. How to enjoy being in water and how to become more confident. *
<b>Episodic Events: Christmas Play Dances</b> **		<b>Episodic Events:</b>		<b>Episodic Events:</b> <b>Sports day</b> <b>Athletics</b> <b>To know:</b> how to improve their running, jumping and throwing skills. how use these skills to take part in simple challenges and competitions. How to achieve the greatest possible speed, height, distance and accuracy. **

**Continuous Provision:**

To understand the importance of exercise and recognising the importance of exercise on the body. To develop stamina and increase fitness levels through:

- Track time daily for 10 minutes.
- Lunch time access to sports equipment and track
- After school clubs: multi skills, tennis, football, rugby, dance

**Re PE delivery in the Autumn Term**

This plan may be subject to change in the post-covid recovery period should there be guidelines released which relate to PE.

Festivals may be carried out virtually or delivered remotely from the Elizabethan Academy staff and young leaders dependent on post-covid guidelines.

Visits and visitors subject to post-covid guidance.

Doncaster Rovers will be working with 1 class at a time to avoid mixing bubbles. They will be offering an after school group on rotation. This will ensure that class bubbles do not mix in line with current guidance.

After school multi-skills club will also run for 1 class bubble at a time in line with current guidance.