



Knowledge Organiser: PE - Year 1 – Spring 1 – V4 2023



Children will know:

Gymnastics

- The importance of listening and responding to tasks and sounds following rules
- How to move creatively with control, balance and coordination
- Understand and explain the importance of good health, exercise and food
- How to cooperate and work in small teams
- How to make judgements to improve their work

Key Facts/Information:

- Lesson 1 – Musical Statues, I'm a Landmark, Sequence of Landmarks
- Lesson 2 – Ten Second Objects, Balancing Bridges, Sharing Bridges
- Lesson 3 – River Ladders, Rolling Rivers, The River Flows
- Lesson 4 – Penguins & Icebergs, Mountain Ranges, Whole Class Mountain Range
- Lesson 5 – World Stations, World Tour, Looking for Creativity
- Lesson 6 – Team Log Roll, World Tour continued, A world Performance

Key Vocabulary:

- | | | | |
|-----------|-----------------|----------------|-----------|
| • Shape | • Flexible | • Curl | • Partner |
| • Balance | • Arch | • Twist | |
| • Strong | • Tuck | • Pathway | |
| • Still | • Pike | • Straddle | |
| • Tall | • Log & Egg | • Mountain | |
| • Pointy | • Teddy Bear | • Support | |
| • Stretch | • Travel | • Synchronised | |
| • Range | • River & Ocean | • Roll | |
| • Bridge | • Body Position | • Control | |

Prior Learning Links:

EYFS – Nursery F1

- Understanding how to jump up and down and move in different ways.
- Showing increasing balance and control by, for example, climbing up apparatus, using alternate feet.

EYFS – Reception F2

- Showing control, flexibility and awareness of own body, for example, runs and jumps confidently landing safely on two feet.
- Showing improved spatial awareness. Is aware and follows safety rules
- Developing over all body-strength, balance coordination and agility
- Negotiating space and obstacles safely, with consideration for themselves and others

Future Learning Links:

Year 2 – Gymnastics

Premier PE to deliver supported by school staff and also provide an

After School Club