



Jerry Clay Academy
Subject Knowledge Organiser

Subject: Physical Education

Year Group: Year 1

Term: Spring 1

Core Learning of This Unit:

- To develop competence to excel in a broad range of physical activities, including gymnastics and dance.
- To remain physically active for sustained periods of time

Prior Learning:

- Year 1 Autumn Term – developing skills such as communication, catching, throwing and control when participating in different ball games such as handball.

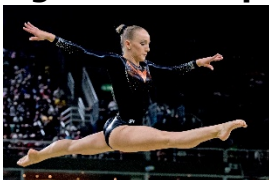
National Curriculum Statements:

- Children should be taught to master basic movements including running and jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Children should be taught to perform dances using simple movement patterns.

Key Vocabulary:

- **Tension** – The act of stretching or straining.
- **Balance** – An even distribution of weight enabling someone or something to remain upright and steady.
- **Grip** - take and keep a firm hold of; grasp tight

Significant People



Sanne Wevers

Sanne Wevers is a Dutch artistic gymnast who has competed internationally in gymnastics. She competes primarily on the balance beam and she is the 2016 Olympic and 2018 European champion on balance beam and was the first Dutch female gymnast to become an individual Olympic champion.