



Jerry Clay Academy
Subject Knowledge Organiser

Subject: Physical Education

Year Group: Year 1

Term: Autumn 2

Core Learning of This Unit:

- To develop competence to excel in a broad range of activities
- To be physically active for a sustained period of time
- To engage in competitive sports and activities
- To lead healthy, active lives
- To master basic movements including running, jumping, throwing and catching.
- To develop balance, agility, co-ordination and begin to apply these to a range of activities
- To participate in team games and develop simple tactics for attacking and defending
- To perform dances using simple movement patterns

Prior Learning:

- Children can move freely and with pleasure and confidence in a range of different ways. This may include shuffling, rolling, walking, crawling, skipping, running, sliding or hopping.
- Children have developed some fine motor skills.
- Children are starting to use PE related vocabulary such as throw and squeeze.

National Curriculum Statements:

Gymnastics

- To develop their technique and improve their performance
- To use space and perform basic body actions and movements aesthetically
- To remember a sequence of movements

Hockey/Games

- Choose different ways of hitting, throwing, kicking and striking the ball.
- Think about positioning to make it difficult for oppositions

Key Vocabulary:

Gymnastics

- Forwards
- Backwards
- Matt
- Still
- Body parts
- Hold

Hockey/Games

- Aiming
- Free space
- Passing
- Direction
- Team
- Rebound
- Own space

Significant People



Simone Biles

Simone Biles dominated women's gymnastics in the lead up to the Rio 2016 Olympic Games, winning three straight World all-around titles – a first by a woman – from 2013-2015. She followed those wins by taking the all-around gold medal in Rio.