



Jerry Clay Academy  
Subject Knowledge Organiser

**Subject:** Physical Education

**Year Group:** Year 1

**Term:** Spring 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 have developed their core skills of throwing and catching using different techniques (underarm and overarm throws).
- Children are continuing to use PE related vocabulary such as throw, catch and move.

**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.

**Benchball/Games**

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

**Key Vocabulary:**

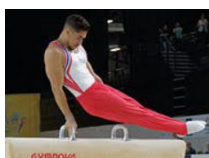
**Gymnastics**

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

**Benchball/Games**

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

**Significant People**



**Louis Smith**

Louis Smith is a retired British artistic gymnast. He received a bronze medal and two silver medals on the pommel horse at the 2008 Beijing Olympics, 2012 London Olympics and the 2016 Rio Olympics.