



Jerry Clay Academy
Subject Knowledge Organiser

Subject: Physical Education

Year Group: Year 5

Term: Autumn 1

Core Learning of This Unit:

- To use running, jumping, throwing and catching in isolation and in combination
- To play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis]
- To apply basic principles suitable for attacking and defending
- To develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- To perform dances using a range of movement patterns
- To take part in outdoor and adventurous activity challenges both individually and within a team
- To compare their performances with previous ones and demonstrate improvement to achieve their personal best

Prior Learning:

- Children can complete basic core skills (throwing and catching and moving into space) with control and accuracy.
- Children can explain which parts of their body they are using for specific movements.
- Children can use PE related vocabulary such as throwing, catching and moving into space when discussing their performance.

National Curriculum Statements:

Tag Rugby

- Work collaboratively in pairs, group activities and small sided games.
- Understand and implement some tactics in games consistently and fairly.
- Identify their own strengths and suggest practises to help them improve.
- Use the skills they prefer with competence and consistency.
- Identify and use tactics to help their team keep the ball and take it towards the opposition's goal.
- Mark opponents and help in defence.

Cross country

- Know and use different running methods.
- Suggest how performances could be improved.
- To choose skills and tactics to suit the situation.
- Describe what they and others do that is successful.

Swimming

- To swim competently, confidently and proficiently over a distance of at least 25 metres using different strokes.
- To perform safe self-rescue in different water-based situations

Key Vocabulary:

Tag Rugby

- Pass/send
- Receive
- Possession
- Tactics
- Scoring
- Attacking
- Defending
- Width
- Support
- Covering

Cross country

- Control
- Stamina
- Approach
- Steady rate
- Heartrate
- Pacing
- Rhythm
- Performance

Swimming

- Frontcrawl
- Breaststroke
- Backstroke
- Submersion



Significant people
Jonny Wilkinson

Jonathan Peter Wilkinson, CBE is an English former rugby union player. A fly-half, he played for Newcastle Falcons and Toulon and represented England and the British and Irish Lions. He was one of the best kickers.