



Jerry Clay Academy  
Subject Knowledge Organiser

**Subject:** Physical Education

**Year Group:** Year 5

**Term:** Autumn 2

**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 and more advanced core skills with control and accuracy.
- Children can use tier 2 PE related vocabulary such as when critiquing their performance to discuss what they have done well and what they could do to improve their performance.
- Children can work in a variety of group situations.

**National Curriculum Statements:**

**Indoor athletics**

- Complete different indoor athletic sports with control and improve the ability in these sports.
- Choose the best pace for a running event, so that they can sustain their running.
- Show control at take-off in jumping activities.
- Show accuracy and good technique when throwing.
- Understand how stamina and power help people to perform well in different athletic activities.

**Hockey**

- Work collaboratively in pairs, groups and small games.
- Understand and implement tactics effectively in games to help them keep possession and move towards the opposition's goal.
- Use and apply the rules consistently and fairly.
- Identify their own strengths and suggest practises to help them improve.
- Use skills with competence and consistency.
- Pick out what they and others do well, suggest ideas for practises and critique performances

**Dance**

- Compose motifs and plan dances creatively and collaboratively in groups.
- Adapt and refine the way they use weight, space and rhythm in their dance to express themselves in the style of dance they use.
- Perform different styles of dance clearly and fluently.
- Recognise and comment on dances, showing an understanding of style

**Key Vocabulary:**

**Indoor athletics**

- Control
- Stamina
- Approach
- Distance
- Pacing
- Rhythm
- Performance
- Accuracy

**Hockey**

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

**Dance**

- Technique
- Formation
- Variation
- Improvisation
- Motif
- Phrase
- Unison



**Significant people**

**Alex Danson**

Alexandra "Alex" Mary Louise Danson, MBE is a retired English international field hockey player who played as a forward for England and Great Britain. She helped team GB achieve a gold medal at the Rio 2016 Olympics.