



Jerry Clay Academy
Subject Knowledge Organiser

Subject: Physical Education

Year Group: Year 5

Term: Summer 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:
Sports day preparation

- Complete Olympic sports with control.
- Choose the best pace for a running event, so that they can sustain their running and improve performance.
- Show control at take-off in jumping activities.
- Show accuracy and good technique when throwing.

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

Olympic sports

- Complete Olympic sports with control.
- Choose the best pace for a running event, so that they can sustain their running and improve performance.
- Show control at take-off in jumping activities.
- Show accuracy and good technique when throwing.

Key Vocabulary:

Sports day

- Sprint
- Distance
- Measure
- Accuracy
- Power
- Stamina
- Rhythm
- Target

Dance

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

- Measure
- Distance
- Accuracy
- Stamina
- Power
- Rhythm



Significant people
Michael Phelps

Michael Fred Phelps II is an American former competitive swimmer and the most successful and most decorated Olympian of all time, with a total of 28 medals.