



Jerry Clay Academy
Subject Knowledge Organiser

Subject: Physical Education

Year Group: Year 1

Term: Autumn 1

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:

Dance

- Perform basic body actions and using different body parts
- Show rhythm and use space when dancing
- Remember a short dance and move with control
- Describe body actions

Tag Rugby

- Developing core skills – throwing and catching a beanbag/ball using underarm and overarm throws
- Throwing the ball at different distances
- Intercept the ball

Key Vocabulary:

Dance

- Rhythm
- Space
- Speed
- Directions
- Body parts

Tag Rugby

- Overarm throw
- Catching
- Bouncing
- Aiming
- Free space
- Passing
- Direction

Significant People



Anna Pavlova (1881-1931)

Russian prima ballerina, recognised for the creation of the role, 'The Dying Swan', who became the first ballerina to tour ballet internationally.