



Jerry Clay Academy Subject Knowledge Organiser

Subject: Physical Education

Year Group: Year 5

Term: Summer 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 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:

Cricket

- Strike a bowled ball.
- Use fielding skills with control and consistency.
- Understand and implement some tactics in games.
- Use and apply the basic rules consistently and fairly.
- Recognise the activities and exercises that need including in a warm up.
- Identify their own strengths and suggest practises to help them improve.

Gymnastics

- Create, practise and refine longer, more complex sequences for performance, including changes in level, direction and speed.
- Choose actions, body shapes and balances from a wider range of themes and ideas.
- Adapt their performance to the demands of a task, using their knowledge of composition.
- Understand the need for warming up and working on body strength, tone and flexibility.
- Lead small groups in warm up activities.
- Use basic set criteria to make simple judgements about performance and suggest ways they could be improved.

Tennis

- Use forehand, backhand and overhead shots increasingly well in games they play.
- Use the skills with competence and consistency.
- Use the volley in games where it is important.
- Start to choose and use some tactics effectively.
- Apply rules consistently and fairly.
- Identify appropriate exercises and activities for warming up.
- Recognise how these games make their bodies work.
- Pick out what they and others do well and suggest ideas for practises.

Key Vocabulary:

Cricket

- Batting
- Fielding
- Innings
- Wicket
- Base
- Boundary
- Scoring

Gymnastics

- Dynamics
- Combination
- Asymmetric
- Symmetry
- Refine
- Evaluate
- Accuracy
- Suppleness
- Muscles

Tennis

- Passing
- Court
- Net
- Forehand
- Backhand
- Volley
- Overhead



Significant people

Beth Tweddle

Beth Tweddle is a retired British artistic gymnast. She was the first female gymnast from Great Britain to win a medal at the European Championships, World