



Oaklands Community Primary School - PE Knowledge Builder

	Athletics	Dance	Games-Invasion	Games – Racket	Games – Strike & Field	Gymnastics	Outdoor & Adventurous
EYFS	<ul style="list-style-type: none"> I can move my body forwards by walking, running, jogging, skipping and crawling A jump is lifting both of my feet off the floor Throwing means an object will move from my hand to a target 	<ul style="list-style-type: none"> Dance is where I move my body in different ways to create shapes I can dance to music I need space to move safely 	<ul style="list-style-type: none"> Balls can be used to roll and throw Balls can be different sizes In football I use my feet to kick a ball 	<ul style="list-style-type: none"> A bat can be used to hit a ball 	<ul style="list-style-type: none"> If I hit a ball it can move If I throw a ball I can aim it at a target 	<ul style="list-style-type: none"> A hop is on one leg, a jump can be on one or two legs I can make shapes using my body I can balance on one leg 	
Year 1	<ul style="list-style-type: none"> Running means I need to move my legs quicker If I pump my arms, I can go faster I bend my knees to help me land safely on two feet Objects I can throw are a beanbag or tennis ball 	<ul style="list-style-type: none"> A motif is a single dance movement Moving my arms, legs and body in different ways can create a motif 	<ul style="list-style-type: none"> Travelling means I can move in different directions Passing (a ball) means I am giving it to someone else and that could be with my hands or with my feet I can play games using balls or other equipment 	<ul style="list-style-type: none"> A racket can be used to hit a ball 	<ul style="list-style-type: none"> A bat can be used to hit a ball I can throw a ball for someone else to catch 	<ul style="list-style-type: none"> I can use a mat when I am doing gymnastics so my body is protected A roll is performed on the floor and a jump is where I take off I can bend my knees when I land to make it safer Log and teddy are types of rolls I can travel using a hop, skip or jump I can create different shapes with my body 	
Year 2	<ul style="list-style-type: none"> I know that if I change my running speed I can go slower and faster. An athletics track is an area marked out with lines that I run on A long jump means to jump as far as I can Objects I can throw are as a howler 	<ul style="list-style-type: none"> Motifs can be used to create a sequence of movements When I dance to music, I need to change the speed of my movements so I am 'in time' 	<ul style="list-style-type: none"> Games have rules that I need to follow I can score goals or points in a game A team is where you play with a group of people and you are all on the same side 	<ul style="list-style-type: none"> I hold a racket by the handle I need to keep my eye on the ball 	<ul style="list-style-type: none"> An underarm throw is where by hand is lower than my waist Bowling is where I throw a ball to my partner and they hit is back to me 	<ul style="list-style-type: none"> There are different types of rolls, jumps and turns A log roll is where I keep my body really straight and roll across a mat A teddy bear roll is where I sit down and roll onto my back with my legs apart Straight and tuck are types of jumps A cat spring helps me to travel across a mat I can balance and hold shapes 	
Year 3	<ul style="list-style-type: none"> Pumping my arms and driving my legs forward helps to run faster. A hurdle is something I jump over I need an effective 'take off' and 'flight phase' when jumping for distance. Objects I can throw are a discus and a javelin 	<ul style="list-style-type: none"> Different themes can be used in dance to tell a story through movement Linking single dance moves together creates a sequence of dance moves which I can perform Rhythm means I am dancing in time to the music 	<ul style="list-style-type: none"> Attacking means that I am trying to score points Defending means I am trying to stop someone from scoring points I dodge players to get past them I mark players to stop them from receiving a ball 	<ul style="list-style-type: none"> I need to stand in a 'ready position' A forearm stroke is where I hit the ball on my strong side I need to turn my body to do a backhand 	<ul style="list-style-type: none"> In cricket and rounders I use a bat to strike the ball An overarm throw is where I have my arm above my head Striking a ball is the same as hitting a ball Fielding is when I run and collect a ball and throw it back If I catch the ball that has been hit (before it touches the ground) then the batter is out 	<ul style="list-style-type: none"> When I perform a forward roll, I need to tuck in my chin. When I perform a backwards roll, I need to spot my hands Vaults can be used to jump off Star, straddle and pike are all jumps that I can perform A lunge is where I push one leg forwards and balance before I perform a handstand Balancing is where I control my whole body not to fall 	<ul style="list-style-type: none"> Teamwork is where I need to work with others to complete a task Good communication means that I need to talk to people and take turns Instructions can help me to complete task A map tells me where I need to go
Year 4	<ul style="list-style-type: none"> Sprinting means I am running as fast as I possibly can A relay is where you are part of a team and you pass a 'baton' When I jump a hurdle, my 'lead leg' goes first and my 'trail leg' follows A triple jump uses a hop, skip and jump. A 'pull throw' is a technique when throwing a javelin 	<ul style="list-style-type: none"> A sequence of dance movements creates a movement pattern Choreograph means to create a movement pattern that can be repeated and modified to create a dance A dance can be performed on stage 	<ul style="list-style-type: none"> Using 'space' in a game means I am moving to receive a ball To intercept (a ball) means that I am getting the ball back or regaining possession A court, pitch, lines or grid area can be used to define the area in which I play the game 	<ul style="list-style-type: none"> A serve starts the game An underarm serve is where the ball/shuttlecock is hit below waist height A rally is where a ball/shuttlecock goes back and forth 	<ul style="list-style-type: none"> I can use a 'tee' to hit a ball from I stand in front of the wicket when I bat in cricket A bowler bowls balls overarm to the batter Kwik cricket is a cricket game I run between the wickets (or target) to score runs I can be caught out or stumped out of the game in cricket A wicket keeper stands behind the batters wicket 	<ul style="list-style-type: none"> Linking movements in gymnastics is called a sequence A handstand and a cartwheel can be used to travel Chassis steps, half turns and full turns can be used to link movements 	<ul style="list-style-type: none"> A map has symbols and keys that tell me what things are Orienteering means that I am going from one place to another using a map I need to follow a map carefully so I don't get lost
Year 5	<ul style="list-style-type: none"> A sprint race means I need to run as fast as I can Pacing myself in a longer distance race means going a steady speed A long jump can be performed from standing or running Throwing the discus is called a 'flying throw' Passing the baton in a relay is called a 'changeover' 	<ul style="list-style-type: none"> I know that transition means to go from one dance move to another to form a sequence Spatial awareness is where I need to be mindful of other dancers space in my group There are different dance styles A dance can be performed on a stage 	<ul style="list-style-type: none"> 'Dribbling' means I am moving with the ball with some control When defending I can 'man to man' mark which means to mark one single player out of the game to stop them getting the ball When defending, I can tackle to stop a player attacking or regain possession of the ball 	<ul style="list-style-type: none"> An overarm serve in tennis is where I throw the ball up and hit it whilst it is falling back down towards me When I serve, I need to aim so that the ball lands in a certain area I know badminton is played with a shuttlecock 	<ul style="list-style-type: none"> I need to protect my stumps from being hit in cricket If I am out it means that my go is over Sometimes the wickets are called stumps In rounders there are 4 bases To score a rounder I need to run all the way round An underarm bowl is used in rounders A back stop stands behind the batter and returns the ball to the bowler 	<ul style="list-style-type: none"> Forward rolls can be performed in pike Backwards rolls can be finished off on straddle A routine is where I have linked some gymnastic movements together A routine might include a roll, jump and traveling using linking steps 	<ul style="list-style-type: none"> A compass helps me to navigate myself and tells me where North is The 4 points of a compass are North, East, South & West I can follow directional instructions including clockwise, anti-clockwise, 90°, 180° and 360° turns;
Year 6	<ul style="list-style-type: none"> I know when in a sprint race that I should have a 'sprint start' and 'sprint finish' I know a standing start is used in long distance races I know a crouch start is used in sprinting races I know in between hurdles, I need to have a consistent stride pattern. I know that endurance and stamina mean to keep going I know that a push throw is using a shot putt 	<ul style="list-style-type: none"> I know dancing in unison means that I perform the same dance as others at the same time I know that canon means that each dancer takes it in turns to perform the dance motif I know a theatre is where a dance can be performed in front of an audience 	<ul style="list-style-type: none"> A warm up helps my heart to beat faster, which raises my blood flow so that oxygen can be carried around my body to my muscles ready for exercise Invasion games could include: football, hockey, netball, basketball, tag rugby and they have their own sets of rules and playing areas Speed, movement, direction and control are important when playing an invasion game. I can create rules for my own game. 	<ul style="list-style-type: none"> I know what a shuttlecock is. An overhead shot in badminton is where I hit the shuttlecock up high and to the back of the court A drop shot in badminton is where I place the shuttlecock just over the net in an attempt to fool the opposition A net is used to separate each side The playing areas for tennis and badminton are called courts 	<ul style="list-style-type: none"> Balls hit that roll over a boundary scores 4 runs Balls hit directly over the boundary scores 6 runs A wide ball is where the bowler bowls a ball too far away from the batter The crease is the area that the batter must stand to be in A fielder can stump the wickets and the batter is out if they are not stood in their crease 2 batters work in pairs There are 6 balls in an over 	<ul style="list-style-type: none"> Music can be used to perform gymnastics Having balance and control of my body will help me perform better Stretching my body before exercise is important so that I don't pull any muscles Neat presentation of my whole body shape is important when presenting a gymnastics routine 	<ul style="list-style-type: none"> Orienteering is where I use a map and navigate myself to different places There are different outdoor adventurous activities that I can take part in such as: Abseiling, climbing, and walking.