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| PE Knowledge Map |
| **Year 1** |
| Autumn Term - Gymnastics and Ball Skills |
| **Gymnastics:**  **Vocabulary:**   * Movements * Apparatus   **Skills:**   * I can how to hold a position/shape. * I can move around the room at different levels (low, medium, high). * I can link moves to make a sequence.   **Equipment:**   * I know how to carry a mat safely with a partner. * I know why we need to use mats when we are using apparatus.   **Ball Skills:**  **Vocabulary:**   * Warmup * Target   **Skills:**   * I can throw a soft ball in the air and catch it. * I can throw a beanbag carefully in a target (hoop) from 2 metres. * I can kick and stop a ball.   **Equipment:**   * I know that different equipment is used for different games, e.g. a bean bag and a hoop and a football and football goal. |
| Spring Term - Dance & Ball Skills |
| **Dance:**  **Vocabulary:**   * Travel * Speed   **Skills:**   * I can create a dance with simple movement patterns. * I can create a start and end position for a dance.   **Equipment:**   * I know how to safely use as ribbon effectively in a dance.   **Ball Skills:**  **Vocabulary:**   * Warmup * Throwing accurately   **Skills:**   * I can throw a soft ball in the air at different heights and catch it carefully. * I can kick and stop a ball with control.   **Equipment:**   * I know that different equipment is used for different games, e.g. a bean bag and a hoop and a football and football goal. |
| Summer Term - Swimming and Athletics |
| **Swimming:**  **Vocabulary:**   * Front crawl * Backstroke   **Skills:**   * I can enter the swimming pool safely. * I can kick my legs on my front and my back. * I can use my arms to help me move through the water.   Equipment:   * I know that a float can help me learn to swim. * I know how to use a woggle and a float during a lesson. * I know that goggles can help you see better under water.   **Athletics:**  **Vocabulary:**   * Distance * Time   **Skills:**   * I can stay in a lane when doing running events. * I can use different angles when throwing a javelin. * I can use my arms when running and jumping to help me go faster and further.   **Equipment:**   * I know how to use a stopwatch. * I know the different throwing equipment used for different events. |
| **Year 2** |
| Autumn Term – Gymnastics and Ball Skills |
| **Gymnastics:**  **Vocabulary:**   * Balance * Apparatus   **Skills:**   * I can hold a balance for 3 seconds. * I can point my toes. * I can create a sequence in gymnastics by having a start and end position.   **Equipment:**   * I know how to carry a mat safely with a partner. * I know why we need to have mats around apparatus when we are using it.   **Ball Skills:**  **Vocabulary:**   * Warmup * Tactics * Fair play   **Skills:**   * I can throw and catch a ball accurately. * I can work well as part of a team. * I can kick and stop a football.   **Equipment:**   * I know that different equipment is used for different games, e.g. a football and football goal and a netball and netball post/goal. |
| Spring Term - Dance & Ball Skills |
| **Dance:**  **Vocabulary:**   * Unison * Canon * Levels   **Skills:**   * I can count in 8’s when listening to music. * I can create a start and end position for a dance. * I can use different levels in dance.   **Equipment:**   * I know how to safely use as ribbon effectively in a dance.   **Ball Skills:**  **Vocabulary:**   * Warmup * Tactics * Fair play   **Skills:**   * I can throw and catch a ball accurately. * I can work well as part of a team. * I can kick/pass and stop/trap a football.   **Equipment:**   * I know that different equipment is used for different games, e.g. a football and football goal and a netball and netball post/goal. |
| Summer Term – Swimming and Athletics |
| **Swimming:**  **Vocabulary:**   * Front crawl * Backstroke   **Skills:**   * I can enter the swimming pool safely. * I can kick my legs on my front and my back. * I can use my arms to help me move through the water.   **Equipment:**   * I know that a float can help me learn to swim. * I know how to use a woggle and a float during a lesson. * I know that goggles can help you see better under water.   **Athletics:**  **Vocabulary:**   * Field * Track * Distance * Time   **Skills:**   * I can stay in a lane when doing running events. * I can show the best angle to use for throwing events. * I can use my arms when running and jumping to help me go faster and further.   **Equipment:**   * I know how to use a stopwatch. * I know the different throwing equipment used for different events. |