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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.
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| 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.
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| 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.
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| **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.
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| 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.
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| 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.
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