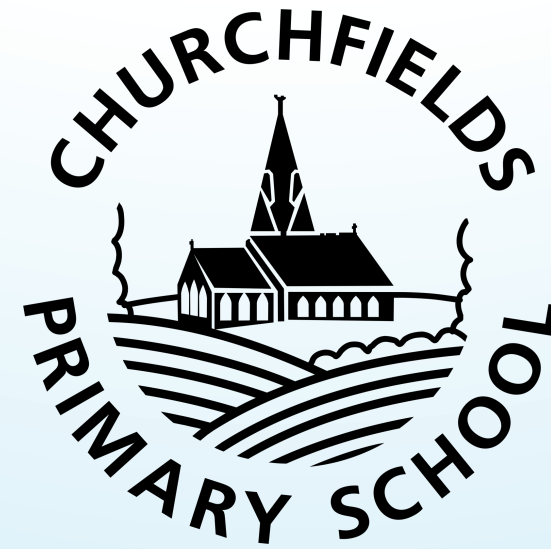


Fitness & Science

- My heart is in my chest (near my school badge)
- My heart pumps blood around my body
- When I exercise, my body will get warmer
- I will start to feel hot
- The texture of my skin may change to feel wet (this is called sweating)



Ball Skills

- Rolling is when a ball travels along a surface
- Throwing is when a ball travels in the air
- We use our feet to kick a ball
- We can keep control of a ball mainly using our hands and feet.
- Catching is when we use our hands to stop and hold a moving object securely.
- Throwing is when we use our hands to release an object in a particular direction.

Movement

- Dance is when we move the body in a rhythmic way (usually to music)
- Balancing is when something doesn't fall over
- A space is where there is no one else around me

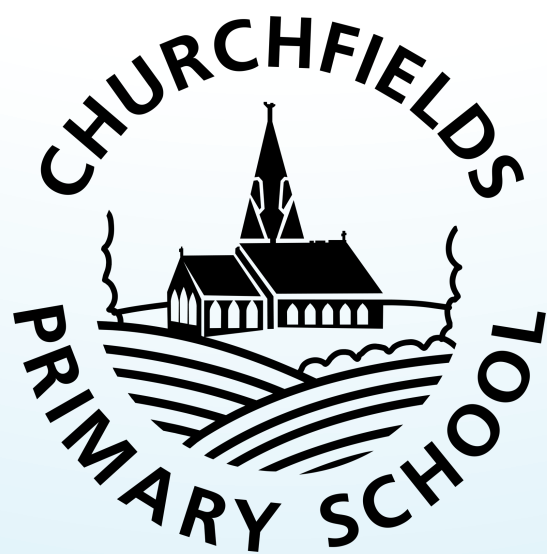
PE Crucial Knowledge EYFS

Fundamentals

- Agility is how quickly you can change direction whilst maintaining speed and balance.
- Run is when you move quickly using your feet.
- Jump is to lift off from the ground.

Team Skills

- We follow rules during games
- Rules help us to stay safe
- You share responsibility
- You share ideas and listen carefully



PE Crucial Knowledge KEY STAGE 1

Fitness & Science

- My heart is in my chest (Near my school badge)
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Fundamentals

- Agility is how quickly you can change direction whilst maintaining speed and balance.
- Run is when you move quickly using your feet.
- Jump is to lift off from the ground.
- Coordination is when many body parts move together with control.

Team Skills

- We follow rules during games
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Athletics

- Running can be long distance or Sprint
- Jumping skills are long jump, triple jump and high jump
- Timing and measurements are used to record results
- Track events are running events
- Field events are jumping and throwing events

Gymnastics

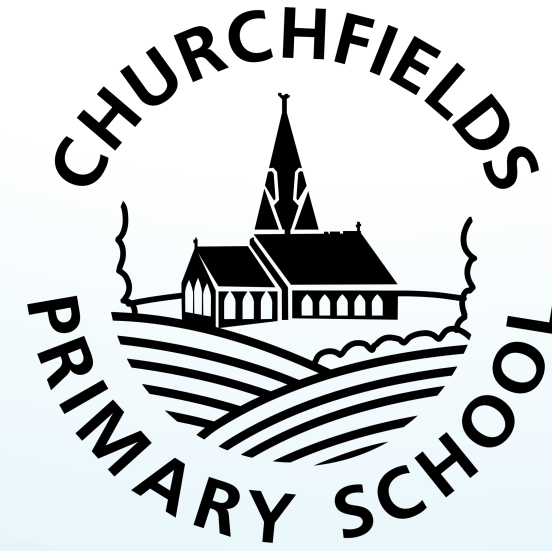
- Balance is when we hold our body position still and controlled in multiple positions.
- Travel is when we move our bodies in different ways smoothly and controlled.
- Shapes is when we make a gymnastic shape with our bodies.

Dance

- Dance is when we move our bodies in a rhythmic way usually to music
- Coordination is when multi body parts move together with control.
- Counts are numbers that you count to stay in time with music and actions

Sending & Receiving

- Sending is when you are sending an object with aim
- Receiving is when we receive an object coming toward you
- Tracking is when you watch an object to collect and control.
- You send an object using your hands and feet using different techniques



PE

Crucial Knowledge KEY STAGE 2

Team Building/OAA

- A team is a group of people working together to achieve success.
- Everyone in a team has a role.
- Teamwork means that you listen and share ideas to each other in your team.
- All team members have an important role.

Movements

- Rhythm is a repeated move or sound.
- A beat is a steady sound - for e.g., like a ticking clock or heartbeat.
- Sequence means in an order.

Attacking & Defending

- Attacking means you are trying to score.
- Defending means you are trying to stop another team scoring.
- Tactics is a plan of how you and your team may try to do something better.
- Fair play means everyone treat each other with respect and follows the rules.
- Respectful in sports means you applaud for everyone's successes.

Striking & Fielding

- A cricket bat starts on the ground.
- A rounders bat is held in the air.
- Fielding teams work together to get the ball back to where it needs to be.
- Look at the target whilst aiming.
- Batting team bat the ball into spaces away from fielders.

Athletics Continued...

- A discuss, javelin and shot put is distance throwing.
- A discuss is placed underneath the palm of a hand and the arm is kept straight.
- A long jump starts with a sprint to a line then into leap from one foot.

Ball Skills

- Throwing - when I throw, the palm of my hand should face the direction where I want the object to go.
- The palm is the inside of the hand but not fingers and thumbs.
- Hand must be cupped shape to catch an object (for e.g., a ball). Cupped hands move apart, the larger the object.
- Targets - Look at the target when aiming.
- Chest Pass - the ball travels from the chest forwards.
- Bounce Pass - the ball travels from the chest, towards the ground.
- You can control a ball using your hands and feet - this is called dribbling.
- The part of the foot that you connect with the ball, must be facing the direction the way you want the ball to travel.

Athletics

- A relay is when 4 members of a team take turns to run a race.
- A Javelin must be thrown overarm.
- One leg leaps first when jumping a hurdle.
- A sprint is running fast - big strides.
- A shot put must be thrown overarm, from within shoulder and neck.



Balance - This is to control your body. This might be when you stay in one place (Yoga or gym shape) or while moving (Jumping or running).

Agility - is when you can change direction quickly with speed, control and balance.

Co-ordination - This is when you can move two or more body parts under control, smoothly and efficiently.

Run - is to move quickly using your feet.

Jump - is to lift off from the ground using your feet, pushing up from the balls of your feet, soft bendy knees and generate power using legs and arms.

Throw - is when you push an object by hand with a forward motion movement, ending in a straight arm and wrist and release of the object.



Catching - We use our hands to catch, stop and hold a travelling object from the air.
Eyes to track object - Cupped hands to catch.

Striking - is when you hit an object with a bat or racket (ball or shuttlecock)

Kicking - is when you hit an object (Ball) with your foot.



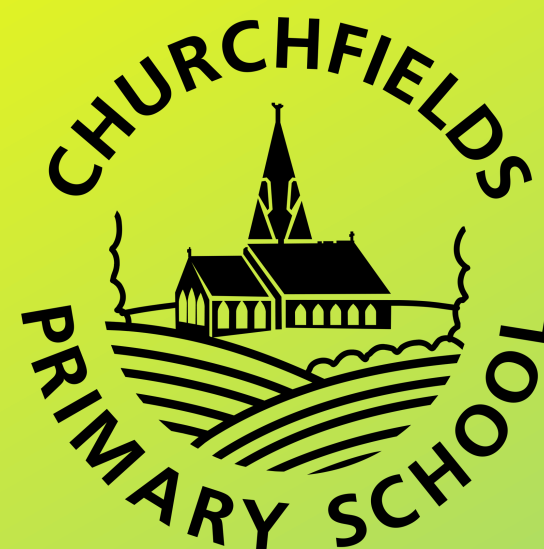
Attack - is when you try and move past and try to score against an opposing team.

Defend - is when you try to block and stop the opposing team from scoring.

Dance - is when you move your body in a rhythmic way - usually to music.

Co-operation - is when you work together with others to achieve a success.

Competitive Sports - Are games where the aim of the game is to win!



Crucial Knowledge Word Wall

KEYSTAGE 1



Flexibility - is a range of movement through our body parts.

Swimming - is when we move through water without touching the floor or side of the swimming pool.



Competitive Sports - Are games where the aim of the game is to win!



Technique - is a way of carrying out a particular skill.

Pattern - is when a movement or action is repeated.

Orienteering - is finding your way using a map or a compass.

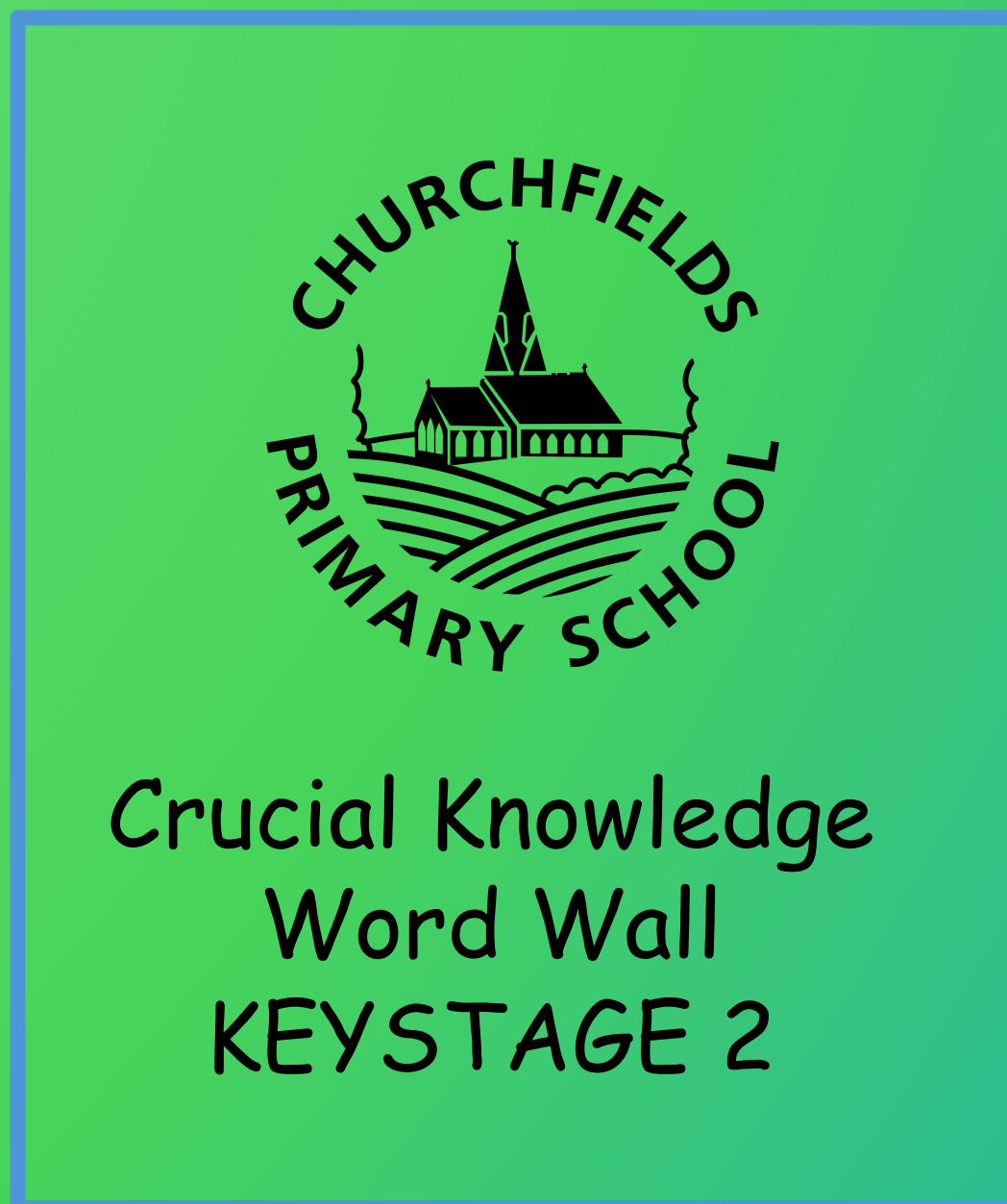
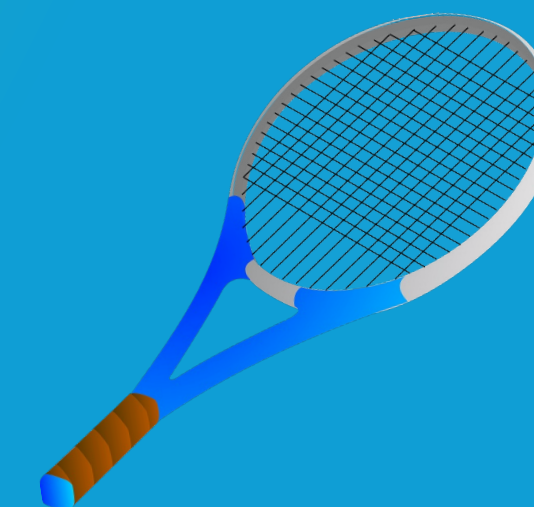
Communication - is when we communicate with others by giving or receiving information.



Collaboration - is working together to achieve or create something.



Competing - Means we need to do our very best against others, ("Be the Best you can be")



Strength - is a measure of power.

Attack - is when you try and move and score against an opposing team.

Defend - is when you try to block and stop the opposing team from scoring.

Co-operation - is when you work together with others to achieve a success.

Evaluate - Is to judge something.