

PE
SUMMER
KNOWLEDGE
ORGANISERS





KS2 Netball Knowledge Organiser



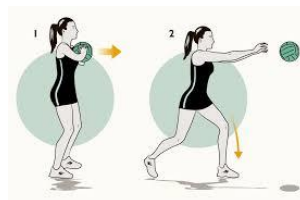
KEY SKILLS

Footwork: Moving into space. Keeping feet still when in possession of ball

Passing: shoulder pass



chest pass



Increasing strength and distance.

Attacking - Getting free from an opponent. Sprint dodge.

Defending: Marking player - stay with player as they move into space. Marking the ball - stay 1 metre away, arms out, hands spread.

KEY RULES

1. Ball accepted in **centre 3rd** from centre pass.
2. Stop when whistle sounds.
3. **Footwork rule.** Landing on one foot. Other foot acts as a brake.
4. **Marking the player with ball.** Stay 1 metre away.



KEY WORDS

Footwork
Centre third
Toss-up

Throw in
Goal third
Offside

Chest/shoulder pass
Goal area (semi-circle)
centre pass.

GAME PLAY

1. Respect the umpires' decisions.
2. Know where to stand at start of game.
3. **Clear** from player with ball, then **drive** forward.

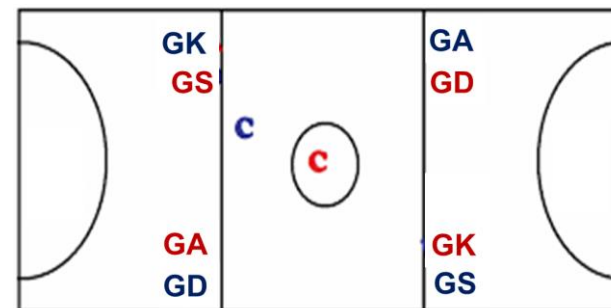
TEAMWORK

Work together in small teams to build up enjoyment and confidence.

Play in different positions to experience attack/defence/centre court play.

Positive/ supportive attitude towards others on court.

PLAYING POSITIONS



= Blue Team.
 = Red Team.

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Y5 Swimming

Key Skills

Technique of each stroke - Front crawl, Breaststroke, Backstroke, Butterfly.
Combination of strokes.

Use of arms only // legs only.

Underwater swimming.

Breathing action during swim.

Diving, surface diving.

Floating, sculling and treading water.

Life-saving skills.

Retrieval of objects from the bottom.

Gameplay

Swim 25m on both back and front.

Know the safety procedures of the poolside, use of whistle and alarm. Fire drill.



Y5 Swimming: Aim to build upon previous knowledge learnt in First Schools - greater swimming confidence, enjoyment and water safety.

Knowledge Organiser

Y5 Swimming



Key Rules

Regulations of each swimming stroke.

Rules of entry into water.

Principle for turning on top and under water.

No running, pushing ducking, diving on poolside.

Teamwork

Observe and describe the swimming action of others.

Team relay races and team medley races.

Vocabulary:

Front crawl, Backstroke, Breaststroke, Butterfly, life-saving skills, length, width, head/ body position, streamlined, arm/leg action, buoyancy, float, sculling, treading water, breathing.

Knowledge Organiser

Y5 ATHLETICS

Key Skills

Running: Short and longer distances.
20m, 40m upwards.

Long Jump: Standing jumps, run-ups,
combination jumps, land on two feet.

High Jump: Scissors and straddle
technique, take-off and landings.
Hurdling over safe barriers.

Throwing: Throw for height, throw
for distance. Use of different
implements. Safety of self and
others.

Relays in teams: Challenge over
different distances, different relays
eg skipping, running sideways.
Passing a baton.

Gameplay

How to measure, time and score in
athletics.

Begin to gain a baseline of scores
whilst showing accuracy of
technique.

Record personal times/ distances
(achievements) in running, jumping
and throwing events.

Representation in Fun Sports Day
and House Sports Day.



Y5 ATHLETICS

Key Rules

Know relevant rules for each event
and how to measure / score / time:

Sprints: stay in lane, run through
line.

Jumps: Fast run, push off on take-
off, landings.

Throws: Throwing line, overarm,
underarm.

Teamwork

How to achieve fastest times or
longest distances in teams.

Analysing and helping others to
achieve their optimum scores.

Vocabulary

Running, sprint, distance, speed,
baton, Long Jump, High Jump, run-
up, throwing, stance, scoring,
recording, distances, improvement,
practice,

Y5 Athletics. Aim to consolidate
previous learning from First Schools
and to improve known running,
jumping and throwing skills.

Knowledge Organiser

KS2 Tennis

Key Skills

Individual practices with balls and then racket and ball. Shake hands grip

Hand feed to racket.

Forehand - front of hand faces opp.

Backhand - back of hand faces opp.

Volley - no bounce before hit.

Starting the rally - serving.

Gameplay

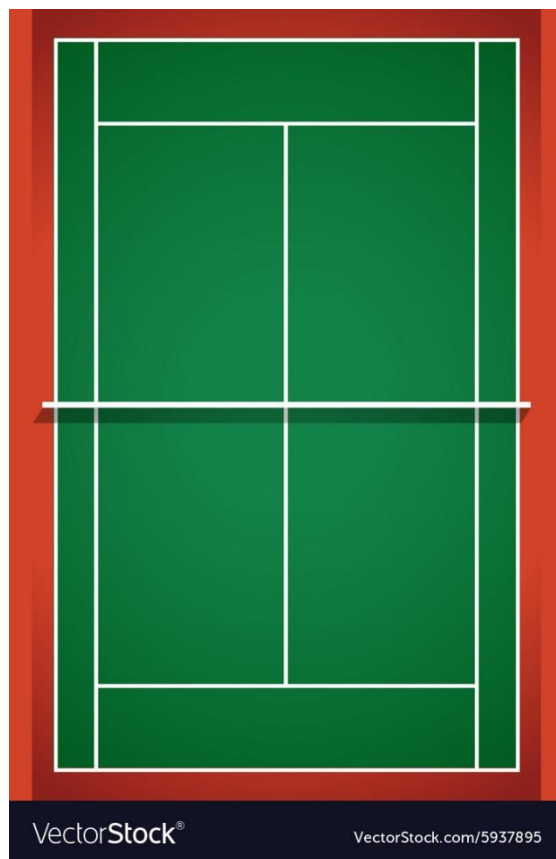
Be able to return a ball over the net without and then with racket.

Keep a rally going - how many consecutive strokes can be done.



Key Vocabulary:

Forehand, backhand, stroke, volley, return, grip, ready position, rally, court, scoring, fault, umpire, back/ baseline, sideline, 15 - 30 - 40, deuce, game.



Key Rules

Know basic rules - one hit only, "out" lines, playing areas.

Aim to make ball bounce twice on opponent's side.

Scoring system. 15-30-40. Game.

Teamwork

Helping a partner achieve a good hit / return to opponent.

Singles play. 1 v 1. 2 v 1.

Introduction to doubles playing.

KS2 Tennis: Aim to build upon any net/wall skills learnt previously.

Knowledge Organiser

Y6 STRIKING GAMES Summer Term

Key Skills

Improvement in **throws / sending ball**:
sideways on, ball taken behind body, arm swings forward, release in front.

More accurate **batting**: grip/hold of bat, stand sideways on, step/lean into shot, swing bat, follow through.

Better **fielding**: a) Stopping ball - judge speed and direction, eye watches ball.

b) catching ball - cup hands, bring safely into body.

c) long barrier - body behind ball, legs turn sideways, hands low to pick up ball.

Gameplay

Throwing, catching and batting different sized and weight of ball with partner. Use various implements.

Cover / back-up team members..

Anticipate where the ball and runner will go.

Decide on playing area.



Key Rules

Decide where to place fielders.

Remain behind line before ball is delivered. One chance to strike ball.

Run fast to touch bases/stumps. Or be on same post as own team. Do not overtake runner.

Ball touches cricket stumps to be run out, but ball must be in a hand to touch rounders base.

Teamwork

Small sided competitive team games. Students choose their implements and playing area, but starting to use the game's usual rules (as applicable)

Co-operate and communicate successfully when playing with own team and against opposition.

Vocabulary: (See also Y5)

Batting, fielding, bowling, sending, aim, receiving, anticipation, scoring, control, strike, bases/stumps, directions, positioning, communication.

Y6 Striking Games: Y6 students will improve their skills of sending, receiving, batting and bowling. They will play small-sided and modified competitive striking/ fielding games.



Knowledge Organiser

Y6 ATHLETICS

Key Skills.

Technique.

Sprinting: 70m, 100m, 200m. Arm position, knee drive, head still

Longer distance running: 800m and beyond. Laps of Astroturf. Pacing.

Relays: Moving off before receiving baton. Maintaining speed. Safe handover.

Long Jump: Sprint speed and height at take-off. Landing on two feet.

High Jump: Choice of jumping style- scissors or straddle. Safe landing.

Throws: Rounders/ Cricket ball, quoits, sponge javelin, softball. Distance.

Gameplay

Estimation of own performance and that of others.

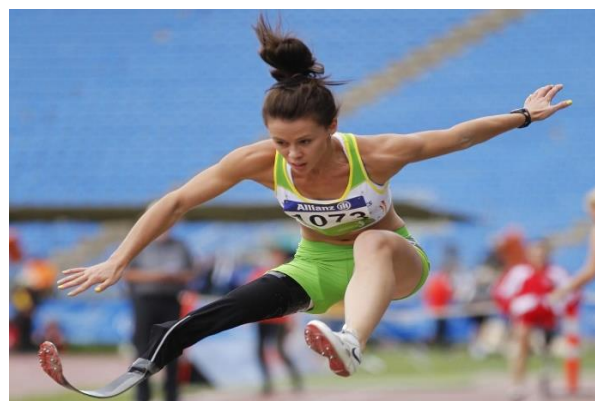
Record personal times/ distances (achievements) in running, jumping and throwing events.

Comparison to previous year's scores.

Expectation to improve personal scores from previous year.

Making improvements in performances.

Representation in Fun Sports Day and House Sports Day.



Knowledge Organiser

Y6 ATHLETICS

Key Rules

Running: Starter's commands, lane(s) to run in, run past the finishing line,

Jumping: Starting position, speed of run, take-off, landing safely.

Throwing: Throwing line. Static/ moving into throws. Retrieving implement

Teamwork

Working together to achieve fastest times or longest distances in teams.

Analysing and helping others to achieve their best scores.

Use of stopwatches to practice improvements.

Vocabulary

70m, 100m, 200m sprints. 800m, Long jump, High jump, take-off, throwing, trajectory, height, underarm, overarm, movement, muscles, strength, speed,

Y6 Athletics. Aim to build upon previous learning and improve personal performances, encouraging others to achieve their best.

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Y7 ATHLETICS

Key Skills

Technique for

Sprinting: Starter's commands and during race. 100m, 200m, 300m.

Longer distance running: 800m +. How to pace.

Long Jump: Sprint speed and height at take-off. Measurement of distance

High Jump: Choice of jumping style. Not Fosbury Flop!

Triple Jump: 3 phase

Throws: Introduction to Discus, Javelin and Shot Put. Ball throw.

Gameplay

Record personal times/ distances (achievements) in running, jumping and throwing events. Compare to previous year.

Expectation to improve personal scores from previous year. Discussion on how to achieve expected improvements.

Representation in Fun Sports Day and House Sports Day.



Knowledge Organiser

Y7 ATHLETICS

Key Rules

Specific rules of Javelin, Shot Put and Discus.

Jostling for position in race. Maintaining strength.

Revisit rules and safety issues for all running, jumping and throwing events (see previous years).

Teamwork

Working together in teams to improve relays.

Analysing and helping others to achieve their best scores.

Stopwatches to time accurately and explore possible improvements.

Vocabulary (continuation from Y6)

Shot, Discus, Javelin, Triple Jump, grip, power, strength, speed, explosive, co-ordination, technique, body position, tactics.

Y7 Athletics. Aim to build upon previous learning, improve personal bests and introduce new events to Y7 like Triple Jump, Shot, Discus and Javelin.

Knowledge Organiser

Y7 Tennis

Key Skills

Grip of racket.

Forehand - smooth action from back swing to forward play.

Backhand - racket finishes high.

Volley - no bounce

Service - underarm, overhead to finish over the net.

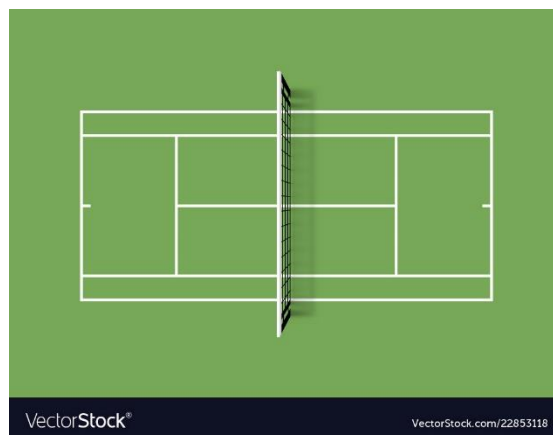
Gameplay

Returning ball into space

Co-operative and competitive rallies.

Successful scoring - own system / traditional points system.

Y7 Tennis: Aim to build upon net skills learnt previously in KS2 in order to play successful games of tennis..



Key Rules

Know main rules of the game.

Aim to make ball bounce twice on opponent's side/ or unable to return it.

Scoring system. 15-30-40. Deuce. Advantage. Game.

Areas of play.

Teamwork

Advice for Singles play - moving around court, placement of ball.

Doubles play.

Scoring co-operatively with and against others.

Key Vocabulary:

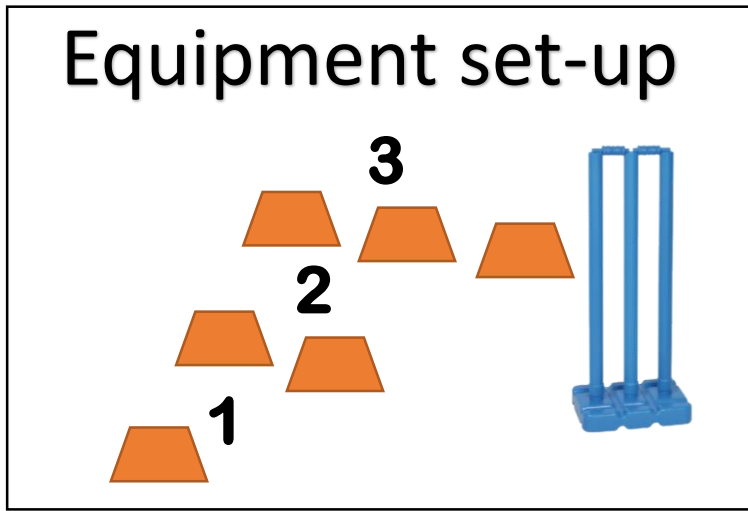
Ready position, forehand, backhand, stroke, volley, Serving, fault, return, grip, ready position, rally, court, scoring, fault, umpire, back/ baseline, sideline, 15 - 30 - 40, deuce, advantage, game.



Grip –
bunny ears



1) Eat the apple
(step over 1st cone)



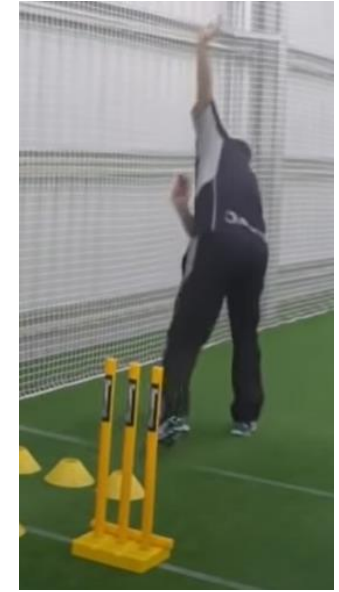
2) Pull the string
(Step over next 2
cones)



3) Bowling arm brushes ear,
pull string through
(step over next 3 cones)

Cricket Bowling Action

<https://www.youtube.com/watch?v=VGI7zW6iESc>



Knowledge Organiser

Y7 ROUNDERS Summer Term

Key Skills

Batting skills - sideways stance, bat behind body, tip high, follow through.

Bowling action - underarm

Fielding - post, deep, back stop

Throwing - over/underarm

Catching - receiving

Tactics of game

Gameplay

Small-sided games up to full 9 v 9 matches.

Covering positions

How to score correctly.

Umpiring - use of "No ball".

Competitions between teams using correct rules.



Key Rules

Must run on first bowl, unless Umpire calls "No Ball".

Player must touch any post they stay on and all must touch 4th post.

If batter hits ball and gets round all 4 bases on their go they score 1 rounder.

If batter does NOT hit ball but gets to 4th post on their go = $\frac{1}{2}$ rounder.

If batter hits ball and get to 2nd post on their go = $\frac{1}{2}$ rounder.

If batter hits ball behind can only run to 1st base, until ball is thrown forward.

2 consecutive "No Balls" = $\frac{1}{2}$ rounder.

A batter is out when the post immediately ahead of them is stumped before they reach it.

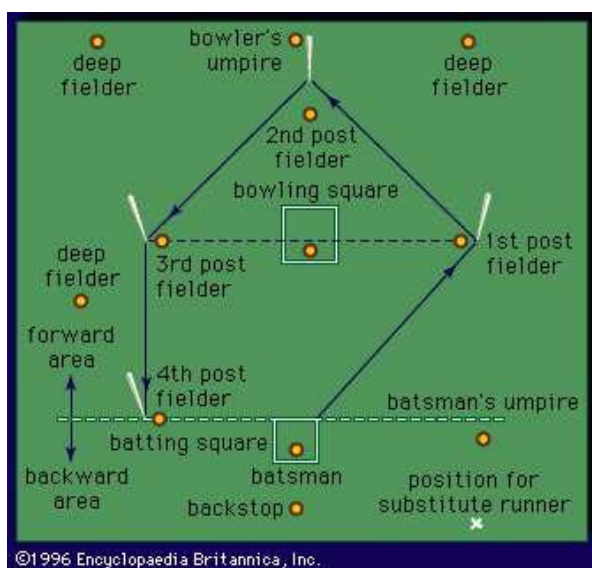
Teamwork

Interchange of team positions during play. Backing up positions.

Communication between players.

Vocabulary:

Stance, batting / bowling square, post, deep fielder, innings, backward hit, no ball, umpire, $\frac{1}{2}$ rounder.



Knowledge Organiser

Y8 ATHLETICS

Key Skills

Technique for:-

Running: 100m, 200m, 300m, 800m, Relay

Jumping: Long Jump, High Jump. Triple Jump.

Throwing: Shot, Discus, Javelin, Ball.

Game Play

Measurements, timings, scoring accurately of all events

Comparison to own times/distances set in previous years. Set goals.

Make estimations of performances/ times.

Improvements of self and others' performances.

Use of media (iPad) to record and improve techniques.



Knowledge Organiser

Y8 ATHLETICS

Key Rules

Abiding by the specific rule of each athletic event:

Throws: Throwing area, remain behind line/ circle, only throw and collect implement when told by teacher. Safe carriage of implement.

Running: Sprint/ middle distance starts.

Jumping: Take-off points, rules of landing.

Teamwork

Technique of relay - running straight/bend.

Using strengths of team members in events.

Observations and critique of performances.

Vocabulary (Continuation from Y7)

Challenge, Javelin, Shot Put, Discus, pacing, speed, flight, landing, recovery, names of muscles used, fitness, reaction, lactic acid, fatigue, stamina.

Y8 Athletics. Aim to decrease times and increase distances achieved in previous year to set new personal bests in running, jumping and throwing events.

Knowledge Organiser

Y8 Tennis

Key Skills

Racket grip / hold.

Groundstrokes: *Forehand* - smooth action from back swing to forward play.

Backhand - racket finishes high.

Volley - direction and placement of hit.

Use of topspin, slice.

Service - overarm to opponent.

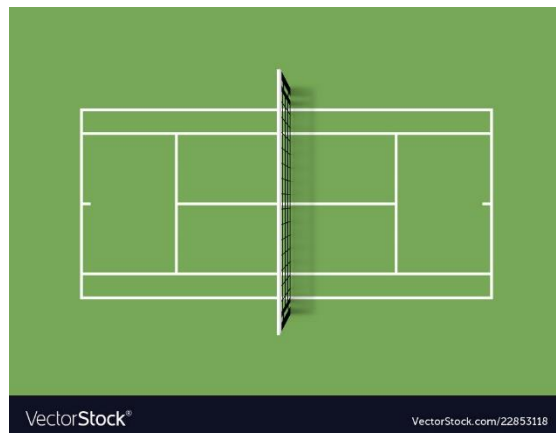
Gameplay

Returning ball with power and accuracy into space on opponent's side.

Competitive rallies.

Traditional scoring - points system.

Y8 Tennis: Aim to improve and develop court play and skills learnt in Y7 to become more accomplished players.



Key Rules

Know rules of the game.

Aim to make ball bounce twice on opponent's side/ or unable to return it.

Scoring system. 15-30-40. Deuce.

Advantage. Game.

Playing areas.

Teamwork

Advice for Singles play - moving around court, placement of ball.

Doubles play - interchange of positions

Scoring correctly with opponents. Use of "Let".

Key Vocabulary:

Disguise, topspin, ready position, forehand, backhand, stroke, volley, Serving, fault, return, grip, ready position, rally, court, scoring, fault, umpire, back/ baseline, sideline, 15 - 30 - 40, deuce, advantage, game.

Knowledge Organiser

Y8 ROUNDERS Summer Term

Key Skills Improve and strengthen:

Batting skills - sideways stance, moving into the hit, direction of hit.

Bowling action -underarm, "donkey drop", vary trajectory.

Fielding - all posts + deeps, back stop, bowler.

Speed, distance and accuracy of throws.

Receiving and retrieving ball.

Tactics of game.

Gameplay

Games up to full 9 v 9 sides.

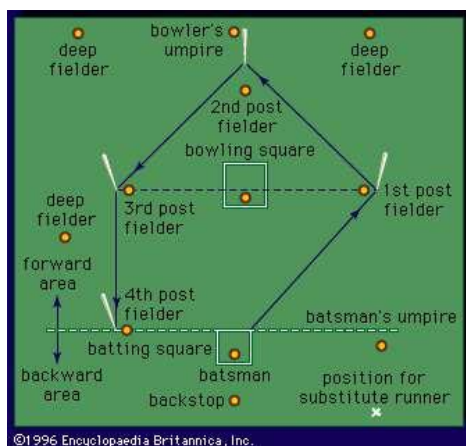
Overlapping / covering positions.

Correct scoring. Know umpiring calls.

Variation of batting technique.

Competitions between teams/houses/schools.

Leading small groups to develop decision-making and communication.



Key Rules

Player must touch any post they stay on and all must touch 4th post.

If batter hits ball and gets round all 4 bases on their go they score 1 rounder.

If batter does NOT hit ball but gets to 4th post on their go = $\frac{1}{2}$ rounder.

If batter hits ball and get to 2nd post on their go = $\frac{1}{2}$ rounder.

If batter hits ball behind can only run to 1st base, until ball is thrown forward.

2 consecutive bowled "No Balls" = $\frac{1}{2}$ rounder.

A batter is out when the post immediately ahead of them is stumped before they reach it.

Teamwork

Interchange of team positions during play. Backing up positions.

Tactical communication between players. Identifying spaces on the pitch.

Knowing specific role of each position.

Vocabulary: (As Y7)

Officiate/umpire, anticipate, batting / bowling square, 1st, 2nd, 3rd, 4th posts, 1st, 2nd, 3rd deep fielders, innings, back hit, no ball, $\frac{1}{2}$ / full rounder.