

Updated March 2021	<b>PE Essential Knowledge Overview Year A</b>
<b>Embedding our learning culture</b>	<p><b>Curricular Goal: Know how to develop the competence to excel in a broad range of physical activities</b></p> <p><b>KS2:</b> How do I show that I know how to develop and excel in a range of different activities?</p> <p><b>KS1:</b> How do I show that I know how to use my body in different ways?</p>
<b>Safe</b>	<b>Unit of essential knowledge: Athletics - running</b>
	<i>Year 1 and Year 2</i>
<ul style="list-style-type: none"> <li>• keeping safe</li> <li>• visits</li> <li>• positive attitudes to learning</li> </ul>	<p><b>Connected knowledge:</b></p> <ul style="list-style-type: none"> <li>• jogging is faster than walking, but slower than running</li> <li>• running is moving faster than jogging</li> <li>• we need to slow down before stopping to be in control</li> <li>• before setting off, we should be facing the direction we want to move in</li> <li>• to change direction, we slow down and use one leg to push off in another direction</li> <li>• to avoid obstacles, we need to be in control of our movements and be able to change direction, hop or jump carefully</li> </ul>
<b>Achieving</b>	<p><b>Deliberate practice:</b></p> <ul style="list-style-type: none"> <li>• jog, run and sprint in different directions avoiding obstacles</li> <li>• jog, run and sprint in a straight line in races</li> </ul>
<ul style="list-style-type: none"> <li>• alteration to LTM</li> <li>• building knowledge including recalls and low stakes quizzes</li> <li>• building confidence</li> <li>• high expectations</li> </ul>	<p><b>New knowledge:</b></p> <ul style="list-style-type: none"> <li>• sprinting is faster than running</li> <li>• to move in a straight line, we need to have our head in an upright position and be facing the direction we want to move in</li> <li>• to change speed over short distances, we need to be in control of our arm and leg movements</li> </ul>
	<p><b>Working athletically to improve:</b></p> <ul style="list-style-type: none"> <li>• jogging, running and sprinting in races to improve stamina</li> <li>• working collaboratively in pairs and groups</li> </ul>
<b>Nurtured</b>	<p><b>Vocabulary:</b></p> <ul style="list-style-type: none"> <li>• jog</li> <li>• run</li> <li>• sprint</li> <li>• obstacle</li> <li>• direction</li> </ul>
<ul style="list-style-type: none"> <li>• dialogic approach</li> <li>• learning from mistakes</li> </ul>	

<ul style="list-style-type: none"> <li>enhancements to meet physical and mental health needs</li> </ul>	<b>Unit of essential knowledge: Athletics - jumping</b>
	<i>Year 1 and Year 2</i>
<p><b>Included</b></p> <ul style="list-style-type: none"> <li>pupils supported to meet endpoints</li> </ul>	<p>Connected knowledge:</p> <ul style="list-style-type: none"> <li>Techniques for jumping and landing safely: <ul style="list-style-type: none"> <li>"a two footed jump" means jumping with two feet together, bending your knees and using your arms to propel upwards, then landing with two feet together in the same place</li> <li>to jump forwards, you need to propel yourself forwards by swinging your arms and bending your knees</li> <li>to jump backwards, you need to look over your shoulder, and propel backwards by swinging your arms and bending your knees</li> <li>to jump over an obstacle, you need to jump forwards from an appropriate length away (close enough so that you know that you can jump over the obstacle, but with enough distance from the obstacle so that you do not run into it)</li> </ul> </li> </ul>
<p><b>Responsible</b></p> <ul style="list-style-type: none"> <li>sports leaders</li> <li>monitors for equipment</li> </ul>	<p>Deliberate practice:</p> <ul style="list-style-type: none"> <li>combine different jumps together with fluency and control</li> </ul>
<p><b>Respected</b></p> <ul style="list-style-type: none"> <li>excellent attitudes</li> <li>development of interpersonal skills: the whole child</li> </ul>	<p>New knowledge:</p> <ul style="list-style-type: none"> <li>Techniques for jumping and landing safely with control at take-off and landing (bending knees and using arms to propel): <ul style="list-style-type: none"> <li>two feet to two feet</li> <li>two feet to one foot</li> <li>one foot to same foot</li> <li>one foot to opposite foot</li> </ul> </li> <li>Techniques to improve jumping for distance include from a standing position include bending knees before take-off and propelling arms upwards and forwards when you take off</li> <li>To jump with accuracy and control, your head needs to be in an upright position facing the direction you are jumping in, your arms need to propel in the direction you are travelling in and you need to bend your knees before take-off and after landing</li> </ul>
<p><b>Healthy and Active</b></p>	<p>Working athletically to improve:</p> <ul style="list-style-type: none"> <li>Working collaboratively in pairs or groups to peer asses technique and accuracy</li> </ul>

- wellbeing sessions
- mental health
- physical health
- golden mile

Vocabulary:

- jump
- **land**
- control
- accuracy
- propel
- direction