

PE Knowledge Map

| | | Nursery | Year R | Year 1 | Year 2 |
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| Fundamentals | Knowledge | <ul style="list-style-type: none"> • Running: know that I use big steps to run and small steps to stop. • Hopping: understand that I use one foot to hop. | <ul style="list-style-type: none"> • Running: know that moving into space away from others helps to keep me safe. • Balancing: know that I can hold my arms out to help me to balance. • Jumping: know that bending my knees will help me to land safely. • Skipping: know that if I hop then step that will help me to skip. | <ul style="list-style-type: none"> • Running: understand that bending my knees will help me to change direction. • Running: understand that if I swing my arms it will help me to run faster. • Balancing: know that looking ahead will help me to balance. • Balancing: know that landing on my feet helps me to balance. • Jumping: know that landing on the balls of my feet helps me to land with control. • Hopping: know that I should hop with a soft bent knee. • Skipping: know that I should use the opposite arm to leg when I skip. • Skipping: know that jumping on the balls of my feet helps me to keep a consistent rhythm. | <ul style="list-style-type: none"> • Running: know that putting weight into the front of my feet helps me to stop in a balanced position. • Running: know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster. • Balancing: understand that squeezing my muscles helps me to balance. • Jumping: know that swinging my arms forwards will help me to jump further. • Hopping: know that if I look straight ahead it will stop me falling over when I land. • Skipping: know that I should swing opposite arm to leg to help me balance when skipping without a rope. |

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| | Key Vocabulary | Run, stop, space, | Jump, balance, skip | Fast, hop, slow, direction, land, safely | Dodge, jog, hurdle, speed, steady, sprint |
| Ball Skills | Knowledge | <ul style="list-style-type: none"> • Sending: know to look at the target when sending a ball. • Catching: know to have hands out ready to catch. | <ul style="list-style-type: none"> • Tracking: know to watch the ball as it comes towards me and scoop it with two hands. • Dribbling: know that keeping the ball close will help with control. | <ul style="list-style-type: none"> • Sending: know to face my body towards my target when rolling and throwing underarm to help me to balance. • Catching: know to watch the ball as it comes towards me. • Tracking: know to move my feet to get in the line with the ball. • Dribbling: know that moving with a ball is called dribbling. | <ul style="list-style-type: none"> • Sending: know that stepping with opposite foot to throwing arm will help me to balance. • Catching: know to use wide fingers and pull the ball in to my chest to help to securely catch. • Tracking: know that it is easier to move towards a ball to track it than chase it. • Dribbling: know to keep my head up when dribbling to see space/opponents. |
| | Key Vocabulary | Run, stop, throw, catch | Roll, kick, space team | Far, aim, safely, direction, balance, send | Overarm, underarm, collect, target, dribble, distance |

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| Games | Knowledge | <ul style="list-style-type: none"> • Throwing: know how to stand when throwing underarm • Catching: know to have my hands out ready to catch | <ul style="list-style-type: none"> • Tracking: know to watch the ball as it comes towards me and scoop it with two hands • Tracking: know to look at the target when sending a ball and watch the ball to receive it • Dribbling: know that keeping the ball close will help with control • Space: know that being in a space gives me room to play • Rules: know that rules help us to stay safe. | | |
| | Key Vocabulary | Run, stop, throw, catch | Roll, kick, space, team | | |

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| <p style="text-align: center;">Invasion Games</p> | <p style="text-align: center;">Knowledge</p> | <ul style="list-style-type: none"> • | | <ul style="list-style-type: none"> • Sending & receiving: know to look at my partner before sending the ball. • Dribbling: know that moving with a ball is called dribbling. • Space: understand that being in a good space helps us to pass the ball. • Attacking: know that being able to move away from a partner helps my team to pass me the ball. • Defending: know that staying with a partner makes it more difficult for them to receive the ball. • Tactics: know that tactics can help us when playing games. • Rules: know that rules help us to play fairly. | <ul style="list-style-type: none"> • Sending & receiving: know to control the ball before sending it. • Dribbling: know that keeping my head up will help me to know where defenders are. • Space: know that moving into space away from defenders helps me to pass and receive a ball. • Attacking: know that when my team is in possession of the ball, I am an attacker and we can score. • Defending: know that when my team is not in possession of the ball, I am a defender and we need to try to get the ball. • Defending: know that standing between the ball and the attacker will help me to stop them from getting the ball. • Tactics: understand and apply simple tactics for attack and defence. • Rules: know how to score points and follow simple rules. |
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| | Key Vocabulary | | | Defender, attacker, points, score, dribbling, partner | Received, send, teammate, chest pass, possession, goal, dodge, bounce pass |
| Net and Wall Games | Knowledge | | | <ul style="list-style-type: none"> • Hitting: know to use the centre of the racket for control. • Feeding: know to use an underarm throw to feed to a partner. • Rallying: know that throwing/hitting to my partner with not too much power will help them to return the ball. • Footwork: know that using a ready position will help me to move in any direction. • Tactics: know that tactics can help us to be successful when playing games. • Rules: know that rules help us to play fairly. | <ul style="list-style-type: none"> • Hitting: know to watch the ball as it comes towards me to help me to prepare to hit it. • Feeding: know to place enough power on a ball to let it bounce once but not too much so that my partner cannot return it. • Rallying: know that sending the ball towards my partner will help me to keep a rally going. • Footwork: know that using a ready position helps me to react quickly and return/catch a ball. • Tactics: understand that applying simple tactics makes it difficult for my opponent. • Rules: know how to score points and follow simple rules. |

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| | Key Vocabulary | | | Ready, position, partner, net, underarm, score, points | Receive, quickly, trap, defend, return, collect, against |
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| Striking and Fielding | Knowledge | | | <ul style="list-style-type: none"> • Striking: understand that the harder I strike, the further the ball will travel. • Fielding: know that throwing the ball back is quicker than running with it. • Throwing: know which type of throw to use to throw over longer distances. • Catching: know to watch the ball as it comes towards me. • Tactics: know that tactics can help us when playing games. • Rules: know that rules help us to play fairly | <ul style="list-style-type: none"> • Striking: understand the role of a batter. • Striking: know that striking quickly will increase the power. • Fielding: understand that there are different roles within a fielding team. • Fielding: know to move towards the ball to collect it to limit a batter's points. • Throwing: know that stepping with opposite foot to throwing arm will help me to balance. • Catching: know to use wide fingers and pull the ball in to my chest to help me to securely catch. • Tactics: understand and apply simple tactics for attack (batting) and defence (fielding). • Rules: know how to score points and follow simple rules. |
| | Key Vocabulary | | | Hit, throw, points, score, target, catch | Fielder, batter, bowler, runs, send, received, teammate |

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| Athletics | Knowledge | • | • | <ul style="list-style-type: none"> • Running: understand that if I swing my arms it will help me to run faster. • Jumping: know that landing on the balls of my feet helps me to land with control. • Jumping: Understand that if I bend my knees it will help me to jump further. • Throwing: know that stepping forward with my opposite foot to hand will help me to throw further. • Rules: know that rules help us to play fairly. | <ul style="list-style-type: none"> • Running: know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster. • Jumping: know that swinging my arms forwards will help me to jump further. • Throwing: know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object. • Rules: know how to follow simple rules when working with others |
| | Key Vocabulary | | | Far, hop, aim, fast, slow, bend, improve, direction, travel | Sprint, jog, distance, height, take off, landing, overarm, underarm |

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| Dance | Knowledge | <ul style="list-style-type: none"> • Know that if I move into space it will help to keep me and others safe | <ul style="list-style-type: none"> • Actions: Understand that I can move my body in different ways to create interesting actions • Actions: Understand that I can change my action to show an idea • Performance: Know that when watching others I sit quietly and clap at the end. • Space: Know that if I use lots of space, it helps to make my dance look interesting. | <ul style="list-style-type: none"> • Actions: Understand that actions can be sequenced to create a dance • Dynamics: Understand that I can create fast and slow actions to show an idea • Space: Understand that there are different directions and pathways within space. • Relationships: Understand that when dancing with a partner it is important to be aware of each other and keep in time • Performance: Know that standing still at the start and at the end of the dance lets the audience know when I have started and when I have finished • Strategy: Know that if I use exaggerated actions it helps the audience to see them clearly. | <ul style="list-style-type: none"> • Actions: know that sequencing actions in a particular order will help me to tell the story of my dance • Dynamics: understand that I can change the way I perform actions to show an idea • Space: know that I can use different directions, pathways and levels in my dance • Relationships: know that using counts of 8 will help me to stay in time with my partner and the music • Performance: know that using facial expressions helps to show the mood of my dance • Strategy: know that if I practice my dance my performance will improve |
| | Key Vocabulary | Dance, move, copy, space | Shape, around, travel, safely, forwards, sideways, backwards | Counts, pose, level, slow, fast, balance | Mirror, action, pathway, direction, speed, timing |

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| Gymnastics | Knowledge | <ul style="list-style-type: none"> • Shapes: understand that I can make different shapes with my body | <ul style="list-style-type: none"> • Balances: know that I should be still when holding a balance • Shapes: know that I can change my body shape to help me to roll • Jumps: know that bending my knees will help me to land safely • Strategy: know that if I hold a shape and count to five people will see it clearly | <ul style="list-style-type: none"> • Shapes: understand that I can improve my shapes by extending parts of my body • Balances: know that balances should be held for 5 seconds • Rolls: know that I can use different shapes to roll • Jumps: know that landing on the balls of my feet helps me to land with control • Strategy: know that if I use a starting and finishing position, people will know when my sequence has begun and when it has ended | <ul style="list-style-type: none"> • Shapes: know that some shapes link well together • Balances: understand that squeezing my muscles helps me to balance • Rolls: understand that there are different teaching points for different rolls. • Jumps: understand that looking forward will help me to land with control. • Strategy: know that if I use shapes that link well together it will help my sequence to flow. |
| | Key Vocabulary | Move, copy, space, shape | Over, around, rock, safely, travel, sideways, forwards, backwards | Action, jump, roll, level, direction, speed, point, balance | Link, pathway, sequence, tuck, straddle, star, pike |