



PE Knowledge Organiser

Year 1: Summer Term

Athletics

Key Knowledge and Skills:

Move at different speeds:

- Run using opposite leg forward to arm
- Take bigger strides when running faster
- Use a slower pace for longer distances



Jog

Sprint

High knees

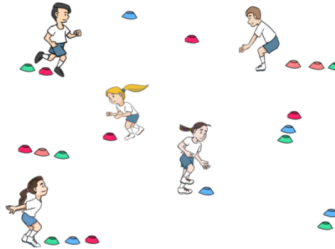
Balance:

- Jump and land with soft knees
- Keep your chest up while moving
- Move slowly



Hop, jump and leap:

- Bend your knees and land with control
- Look forwards
- Swing your arms forward when jumping



Throwing for distance:

- Step forward with opposite foot to throwing arm
- Throw with a balanced stance
- Use an underarm throw for short distance
- Use an overarm throw for long distance



Key Vocabulary:

Vocabulary:	Definition:
Jog	A slow run.
Sprint	A fast run.
Distance	How far you travel.
Accuracy	Aiming for a certain area.
Compete	Racing/ or performing against another person.

Throwing to a target:

- Increase the swing of your arm to throw the object further
- Point your hand at the target after you throw
- Step forward with opposite foot to throwing arm

