



Reception - Knowledge Organiser - PE

Unit – Body Management

Inspirational Athletes

Joe Wicks MBE (The Body Coach)

Fitness coach and author.

During COVID 19 – PE with Joe live stream on YouTube from March 2020 – July 2020.



Equipment

Beanbags, mats, cones, quoits, hoops, box tops, balls, bibs, benches

Prior Learning

Children can stand and balance for a short period of time on one foot.
Can use hands and feet to negotiate obstacles.

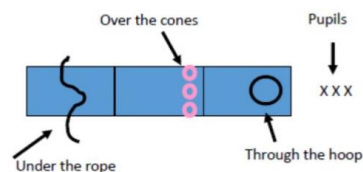
Subject Specific Vocabulary

Climb	To go up onto an object using your arms to pull up and legs to push
Travelling	Different types of movement e.g. running, jogging, crawling, rolling, skipping
Stretch	Straightening/extending a body part to its full length
Alternate	Every other movement e.g. Left, right, left, right
Listening	Giving attention to the sound e.g. the teacher's voice/music

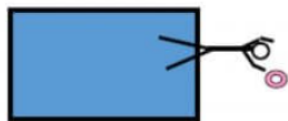


Diagrams

Lesson 1 - Obstacle



Lesson 3 – Cone Move



Sticky Knowledge

Performing slower movements will help you balance objects.

Balance objects before you start to move.

Take your time with movements and move smoothly.

When you're in the hall, use quiet voices.

You need to take turns whilst using apparatus.

Support your classmates and celebrate their achievements.

Listen to the teacher at all times.

Unit Outcome

Weekly

- During outdoor provision are the children able to create their own obstacle courses for others to complete?
- Can they design it and also include instructions for other children to follow?



Key Stage 1 - Knowledge Organiser - PE



Unit – Foundations

Inspirational Athletes

Amy Bream (USA)

5th Fittest Lower Extremity Athlete on Earth



Zack George (England)

As a teenager Zack was severely overweight. In 2020 he became the UK's Fittest Man.



Equipment

Hoops, beanbags, variety of balls, ladders, cones, containers, spots, laptop.

Prior Learning

Performing slower movements will help you balance objects.
Balance objects before you start to move.
Take your time with movements and move smoothly.
When you're in the hall, use quiet voices.
You need to take turns whilst using apparatus.
Support your classmates and celebrate their achievements.
Listen to the teacher at all times.

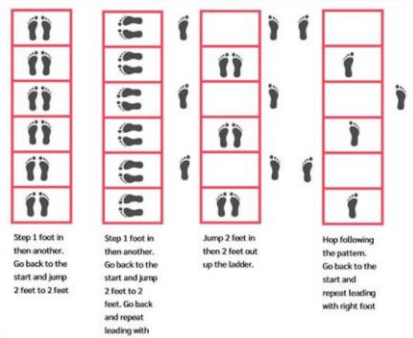
Subject Specific Vocabulary

Stability	During dynamic movements you don't wobble/fall.
Core	Muscles found in your torso, pelvis, back.
Flexibility	How easily you can move your body at a joint to perform a movement e.g. twist, turn, bend
Balance	During static movements, there is no movement.
Coordination	The ability to use different parts of the body together smoothly and effectively.



Diagrams

Ladders



Sticky Knowledge

Core muscles are stabilising muscles.
We need to keep our core strong to improve our posture and to help us do simple movements e.g. tying shoe laces, getting something off the top shelf.
Taking time to stretch will improve your flexibility and reduce risk of injury.
When performing new movements, start slowly to develop technique.

Outcome

Weekly

- Personal Best – Max burpees in 30 seconds
- To participate in personal challenge activities in lunchtime provision zones.

End of Unit

Can the children create a simple workout for their class to participate in.



Lower Key Stage 2 - Knowledge Organiser - PE

Unit – Foundations

Inspirational Athletes

Logan Aldridge (USA)

2005 – lost his arm at 14 in a boating accident.

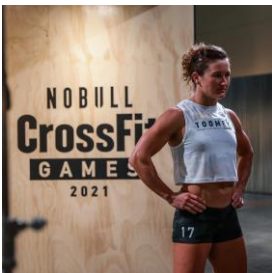
Life moto "I don't see disability, I see ability"



Tia-Clair Toomey (Australia)

Gold Medallist in the 2018 Commonwealth Games in the Clean and Jerk

2017, 2018, 2019, 2020, 2021: Fittest Woman on Earth



Equipment

Hoops, beanbags, variety of balls, ladders, cones, container, laptop

Prior Learning

Core muscles are stabilising muscles.

We need to keep our core strong to improve our posture and to help us do simple movements e.g. tying shoe laces, getting something off the top shelf.

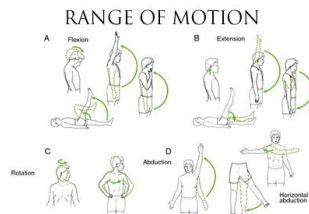
Taking time to stretch will improve your flexibility and reduce risk of injury.

When performing new movements, start slowly to develop technique.



Diagrams

Range of Motion



Fundamental Movements



Sticky Knowledge

During workouts – slow and steady is better than quickly and having to stop.

During workouts – if you want to move faster, you need to keep your form and perform the movement safely.

When you perform exercises and get out of breath we are strengthening our heart.

Everyone has different fitness levels and abilities. We support each other and celebrate individual achievements.

Subject Specific Vocabulary

Tabata	4 minute long workout. 8 rounds of 20 seconds exercise and 10 seconds rest.
AMRAP	As many rounds as possible. Complete so many rounds in a given time frame.
Range of Motion	The movement of a joint to the extent possible without causing pain
Fundamental Movements	Gross motor movements that involve different parts of the body
Technique	Executing an exercise with the correct form.

Outcome

Weekly: Personal Best – max burpees in 45 seconds

End of Unit: In teams, create your own workout for others to participate in during this PE lesson using the Tabata/AMRAP format.



Upper Key Stage 2 - Knowledge Organiser - PE

Unit – Foundations

Inspirational Athletes

Mat Fraser (USA)

2016, 2017, 2018, 2019, 2020: Fittest Man on Earth

Created the "Hard Work Pays Off" training programme to teach people fundamental movements.



Sam Briggs (England)

2013: Fittest Woman on Earth

She has competed in the Crossfit Games since 2010

At 39 she is one of the oldest athletes who competes outside the Masters.



Equipment

Hoops, beanbags, variety of balls, ladders, cones, container, laptop

Prior Learning

During workouts – slow and steady is better than quickly and having to stop.

During workouts – if you want to move faster, you need to keep your form and perform the movement safely.

When you perform exercises and get out of breath we are strengthening our heart.

Everyone has different fitness levels and abilities. We support each other and celebrate individual achievements.

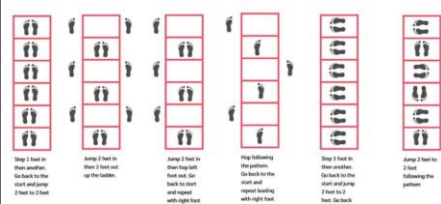
Subject Specific Vocabulary

Static Balance	The ability to maintain your balance whilst not moving
Dynamic Balance	The ability to maintain your balance whilst moving/changing positions
Performance	Your effectiveness during an exercise.
Stamina	The ability to sustain prolonged physical/mental effort
Replication	The action of copying or reproducing something.



Diagrams

Ladders



Sticky Knowledge

Whilst exercising you need to drink plenty of water to stay hydrated to replace lost water whilst sweating/respiration.

It is important to rest after exercise as this puts strain on your muscles, bones and nerves. Rest allows these parts of the body to rebuild and become stronger.

Children need between 9 and 11 hours sleep per night to: strengthen immune systems, reduces hunger, improves your heart health

Outcome

Weekly: Personal Best -Max effort burpees for 60 seconds.

End of Unit: In teams, create your own workout for others to participate in during this PE lesson.

Lunchtime Provision: Lead and participate in personal best challenge/exercise station.