



Key Stage 1 - Knowledge Organiser - PE

Unit - Speed, Agility and Travel

Inspiration



Hollie Pearne Webb (19/09/1990)

Position – Defender

Hollie is regarded as one of the best defenders in the hockey world.

She scored the winning goal in the 2016 Olympics where Team GB won Gold.

Captained Team GB in Tokyo 2020 where she led the team to win the Bronze medal.

2017 – Player of the Tournament in the European Championships.

Equipment

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

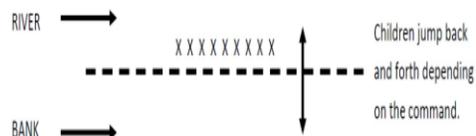


Diagrams

Cone Turn Over



River and Bank



Prior Learning

Pupils will have explored different ways of moving (rolling, slithering, sliding)

Participating in a variety of small group cooperative games.

Learning how to move around safely and beginning to follow instructions.

Sticky Knowledge

When running, keep your head up so you can see what is around you and where to run next.

When performing sitting down movements, do these with control and not throwing yourself down.

Outcome

WB 13/12/2021 - Intra House Festival

Subject Specific Vocabulary

Movement	An act of moving
Shape	Changing your body in different ways to create new forms
Lanes	Something which children need to stay in whilst running
Tagging	When a child touches another child on the back/arm whilst playing a game.

Tier 2 Vocabulary

Try	To make an attempt or the effort in doing something
Play	Engage in an activity for enjoyment
Move	Going in a specific direction
Even	Equal number of people on each team



Key Stage 1 - Knowledge Organiser - PE



Unit - Send and Return

Inspiration



Dhanraj Pillay (16/07/1968) – Retired

The only player from India to be named in the World Eleven side for the 1994 World Cup in Sydney.

He participated in 4 Olympics from 1992 to 2004, 4 World Cups from 1990 to 2002, 4 Championship Trophies from 1995 to 2003 and 4 Asian Games from 1990 to 2002.

He scored 170 goals in 339 international games.

Current role – Overseeing the SAG Hockey Academy in Gujarat, India.

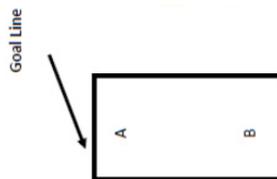
Equipment

Plastic hockey sticks, range of balls (playground balls, plastic balls, cones, bibs, goals, stopwatch, beanbags, hoops, quoits).

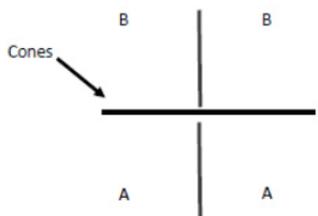


Diagrams

Send and Receive 1



Send and Receive 2



Prior Learning

Pupils will have used a variety of balls, beanbags, bats and markers during PE lessons.

Pupils will have mastered basic running movements in different directions.

Pupils will have learnt how to follow instructions.

Sticky Knowledge

When sending a ball over a short distance you need to use less power than over a longer distance.

When you hit the ball, follow through in the direction you want it to go.

If you are on your toes you are going to find it easier to move towards the ball

Outcome

WB 13/12/2021 - Intra House Festival

Subject Specific Vocabulary

Accuracy	Being precise
Control	Ability to stop a ball and not lose it
Send	Passing a ball towards a partner
Receive	Stopping the ball when it is passed to you

Tier 2 Vocabulary

Encourage	Give support to others
Tactic	A plan which can be used in a game
Out of Bounds	Where the ball has crossed the line and the game needs restarting
Warm up	Preparing for physical activity to avoid injuries



Lower Key Stage 2 - Knowledge Organiser - PE

Unit - Hockey

Inspiration



Luciana Aymar (10/08/1077)

Luciana is a retired Argentinian hockey player.

She was known for her fantastic pace and dribbling ability.

She won 19 individual awards between 2000 and 2014.

Olympics – Silver (2000 and 2012) and Bronze (2004 and 2008)

Additional Information

Wakefield Hockey Club have a U10 boys and girls team if anyone is interested in having information.



Equipment

Wooden hockey sticks, range of balls (hockey balls, playground balls, plastic balls, cones, bibs, goals, stopwatch.

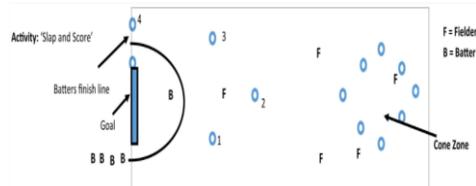


Diagrams

Hockey Stick Grip



Slap and Shoot



Prior Learning

Experience of different small sided invasion games.

The ability to send and receive a ball with some control.

Using a range of actions with control of the ball.

Sticky Knowledge

When holding a hockey stick the left hand is at the top and the right hand is in the middle (vice versa for left handed children)

Keep the stick in contact with the ball during a dribble; it makes passing easier.

Outcome

WB 13/12/2021 - Intra House Hockey Festival

Subject Specific Vocabulary

Turning	Changing direction
Rules	Statements which state what you can/can't do
Strategy	A plan of action of how to tackle something which is put in front of you
Slap Hit	Hitting the ball with the end of the shaft to generate power for a longer distance pass.

Tier 2 Vocabulary

Force	Strength or energy as an attribute of physical movement
Endurance	The capacity to remain active for a long period of time
Victory	The act of winning a game or a contest
Fatigue	Feeling of tiredness or weakness which can be physical/mental



Upper Key Stage 2 - Knowledge Organiser - PE

Unit - Hockey

Inspiration



Sam Ward (24/12/1990)

Sam competed for GB at the 2016 Olympics and for England at the 2014 Hockey Champions Trophy. He lost sight in his left eye during a fixture against Malaysia when struck by a ball and told to retire. 28/5/21 – Selected for England Hockey Squad for 2021 Euro Hockey Championship.

Equipment

Wooden hockey sticks, range of balls (hockey balls, playground balls, plastic balls, cones, bibs, goals, stopwatch.



Prior Learning

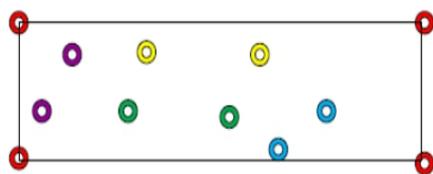
Moving a ball under close control whilst changing direction
 Send a ball at different speed and with increasing accuracy
 Receive a ball successfully and control it
 Shoot and score with increasing success

Subject Specific Vocabulary

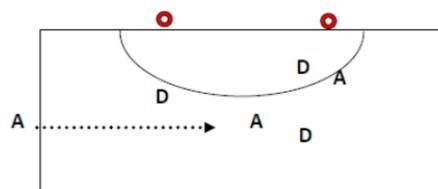
Consistent	Performing in the same way over time.
Covering	Supporting a player by moving into space which they've vacated.
Supporting	Being available to receive a ball from a team mate.
Perform	The act of doing something

Diagrams

Gate Dash



Long Corner Routine



Sticky Knowledge

You will need to think of different strategies and tactics when attacking and defending.
 When defending you need to be goal side.
 When defending you want do a banana run to force the attacker to the edge of the pitch.

Outcome

WB 13/12/2021 - Intra House Hockey Festival
 16/02/2022 – Kettlethorpe Hockey Festival

Additional Information

Wakefield Hockey Club have a U12 boys and girls team if anyone is interested in having information.



Tier 2 Vocabulary

Demanding	A task which requires skill and effort.
Effectiveness	Capability or producing a desired result.
Adaptability	The quality of being able to adjust to new conditions
Assess	Evaluating the quality of the events