

## Infant Knowledge Map for P.E



		YR	Y1	Y2
<b>Unit- Games</b>	<b>KEY KNOWLEDGE</b>	<p>Know that they need to warm-up before a physical activity.</p> <p>To know and can find an appropriate space.</p> <p>Know and follow rules.</p> <p>The importance to staying safe.</p> <p>Children know that they can use their hands or feet to pass a ball.</p> <p>Know different ways to travel in a space.</p> <p>Know different ways to catch and throw.</p>	<p>Warm-ups and cool downs are important when completing a physical activity.</p> <p>The difference between running, jumping, skipping, hopping and walking and will be able to use these in different games.</p> <p>To throw/kick accurately they need to look at the target and aim.</p> <p>To catch accurately they need to make a cradle with their hands or arms and pull the ball/beanbag to their body.</p> <p>The body feels different before, during and after a physical activity.</p> <p>Physical activity is important to staying healthy.</p>	<p>Knows and can explain the importance of warm-ups and cool-downs to keep the body strong and healthy.</p> <p>The importance of stretching and staying hydrated.</p> <p>Can recognise and explain the importance of exercise and the positive benefits to the body and mind.</p> <p>Knows how to use a tactic in a game.</p> <p>Know the different types of jumps.</p> <p>Know the appropriate form for running/sprinting.</p>
	<b>KEY VOCAB</b>	<p>Warm-up</p> <p>Space</p> <p>Safe</p> <p>Kick</p> <p>Pass</p> <p>Throwing</p> <p>Catching</p> <p>Rolling</p> <p>Stopping</p> <p>Equipment</p>	<p>Warm-up</p> <p>Physical activity/education</p> <p>Movement</p> <p>Target</p> <p>Aim</p> <p>Healthy</p> <p>Strategy</p> <p>Sending</p> <p>Receiving</p> <p>Tracking</p>	<p>Warm-up</p> <p>Cool-down</p> <p>Physical education</p> <p>Healthy</p> <p>Stretching</p> <p>Hydrated</p> <p>Exercise</p> <p>Tactic</p> <p>Improving</p> <p>Challenging</p> <p>Persevering</p>
	<b>IMPACT QUESTIONS</b>	<p>What type of activity do we need to do before our lesson?</p> <p>Why do we need to find our own space?</p> <p>How can we keep safe during our lesson?</p>	<p>Why do we need to warm-up/cool-down?</p> <p>What do we need to do to aim correctly when kicking/throwing?</p> <p>How strategy can we use to help us catch safely?</p> <p>Why is physical activities so important?</p>	<p>Why are warm-ups and cool-downs an important part of a physical activity?</p> <p>Why do we need to drink lots of water?</p> <p>What tactic/strategy can you use?</p> <p>Why is exercise so important for the body? Mind?</p>

UNIT- Dance	KEY KNOWLEDGE	<p>Know that they need to warm-up before a physical activity.</p> <p>To know and can find an appropriate space.</p> <p>Know and follow rules.</p> <p>The importance to staying safe.</p> <p>That dance is a range of different movements that form a routine.</p>	<p>Warm-ups and cool downs are important when completing a physical activity.</p> <p>Dance is a sequence of different skills: balance, travel, jump and turns.</p> <p>To know the different parts of a sequence to create their own.</p> <p>That it is important to listen to the beat/rhythm of the music when creating a sequence.</p> <p>When dancing with a partner, it is important to be aware of each other and keep time.</p> <p>That different heights and speeds can be used and changed in a sequence.</p> <p>To know you can use repetition and patterns within dance sequences.</p>	<p>Knows and can explain the importance of warm-ups and cool-downs to keep the body strong and healthy.</p> <p>The importance of stretching and staying hydrated.</p> <p>Can recognise and explain the importance of exercise and the positive benefits to the body and mind.</p> <p>To know the different parts of a sequence to create their own and to make improvements</p> <p>To know you can use different parts of your body within a dance sequence.</p> <p>To know that changing rhythm and speed can enhance a dance performance and change how the choreography looks.</p> <p>To know that you can change levels, speeds and direction throughout a sequenced dance routine.</p> <p>That 'gesture' enhances a dance sequence and its performance.</p>		
	KEY VOCAB	<p>Warm-up</p> <p>Space</p> <p>Safe</p> <p>Dance</p> <p>Routine</p>	<p>Warm-up</p> <p>Movement</p> <p>Routine</p> <p>Balance</p> <p>Jump</p> <p>Beat/rhythm</p> <p>Speed</p> <p>shape</p>	<p>Physical activity/education</p> <p>Dance</p> <p>Sequence</p> <p>Travel</p> <p>Turn</p> <p>Height</p> <p>Repetition/Pattern</p>	<p>Warm-up</p> <p>Movement</p> <p>Routine</p> <p>Balance</p> <p>Jump</p> <p>Beat/rhythm</p> <p>Speed</p> <p>Rhythm</p> <p>Gesture</p>	<p>Physical activity/education</p> <p>Dance</p> <p>Sequence</p> <p>Travel</p> <p>Turn</p> <p>Height</p> <p>Repetition/Pattern</p> <p>levels</p> <p>performance</p>
	IMPACT QUESTIONS	<p>How does the music make you feel?</p> <p>What speed is the music?</p> <p>How could you move that matches the music?</p>	<p>What is a sequence?</p> <p>How can you show different heights in your routine?</p> <p>What different shapes can you include?</p>	<p>How can you show different levels in your sequence?</p> <p>What types of gesture can you include?</p> <p>How can you match your movements to the speed of the music?</p>		

UNIT - Gymnastics	KEY KNOWLEDGE	<p>Know that they need to warm-up before a physical activity.</p> <p>To know and can find an appropriate space.</p> <p>Know and follow rules.</p> <p>The importance to staying safe.</p> <p>That gymnastics can be done on the floor or on an apparatus.</p> <p>Gymnastics includes movement jumps, shapes, turns and balances.</p> <p>Jump from and land on two feet.</p> <p>Look around you to make sure your area is safe.</p>	<p>Warm-ups and cool downs are important when completing a physical activity.</p> <p>Gymnastics sequence includes travel, balances, jumps, turns and shapes</p> <p>Keep your head up and know what is around you.</p> <p>Bend your knees when you land.</p> <p>That different heights and speeds can be used and changed in a sequence.</p> <p>Different body parts of the body can be used in a sequence.</p>	<p>Knows and can explain the importance of warm-ups and cool-downs to keep the body strong and healthy.</p> <p>The importance of stretching and staying hydrated.</p> <p>Can recognise and explain the importance of exercise and the positive benefits to the body and mind.</p> <p>To know that you can change levels, speeds and direction throughout a sequenced gymnastics routine.</p> <p>That 'gesture' enhances a dance sequence and its performance.</p> <p>To know when to use an appropriate jump, landing safely.</p> <p>Make sure that apparatus is set up properly and put away safely.</p>
	KEY VOCAB	<p>Gymnastics</p> <p>Strength</p> <p>Balance</p> <p>Flexibility</p> <p>Control</p> <p>Travelling</p> <p>Balancing</p> <p>Apparatus</p> <p>Beam</p> <p>mat</p> <p>routine</p>	<p>Gymnastics</p> <p>Sequence</p> <p>Apparatus</p> <p>Beam</p> <p>Mat</p> <p>Strength</p> <p>Balance</p> <p>Flexibility</p> <p>Control</p> <p>Travelling</p> <p>Balancing</p> <p>Points and Patches</p> <p>Shapes</p> <p>Turns</p> <p>Jump</p>	<p>Gymnastics</p> <p>Sequence</p> <p>Apparatus</p> <p>Beam</p> <p>Mat</p> <p>Strength</p> <p>Balance</p> <p>Flexibility</p> <p>Control</p> <p>Travelling</p> <p>Balancing</p> <p>Points and Patches</p> <p>Shapes</p> <p>Turns</p> <p>Jump</p> <p>Gesture</p>
	IMPACT QUESTIONS	<p>What movements could be used on the floor but not on a beam?</p> <p>What can you do to keep safe on the apparatus?</p> <p>What is a routine?</p>	<p>What body parts can be used in your sequence?</p> <p>How can you make sure that you keep your friends and yourself safe?</p> <p>What can you do to improve your sequence?</p>	<p>Can you use your body points to create a gesture?</p> <p>What do you have to do to ensure that your apparatus is set up properly?</p> <p>How can you change your level/speed/direction to improve your sequence?</p>

UNIT – Athletics	KEY KNOWLEDGE	<p>Know that they need to warm-up before a physical activity.</p> <p>To know and can find an appropriate space.</p> <p>Know and follow rules.</p> <p>The importance to staying safe.</p> <p>Keep looking straight ahead, and take big strides.</p> <p>Take off from two feet.</p> <p>Use your dominant arm/hand when throwing.</p>	<p>Warm-ups and cool downs are important when completing a physical activity.</p> <p>The difference between running, jumping, skipping, hopping and walking and will be able to use these in different games.</p> <p>Run on the balls of your feet and lift your knees high and fast.</p> <p>Use your arms for balance (alternate to legs) moving from pockets to mouth.</p> <p>Look straight ahead when running and hurdling so that you don't over-rotate.</p> <p>Count the number of strides between each obstacle and try to keep this even.</p> <p>Bend your knees on take-off and landing.</p> <p>For distance, swing your arms up for momentum.</p>	<p>Knows and can explain the importance of warm-ups and cool-downs to keep the body strong and healthy.</p> <p>The importance of stretching and staying hydrated.</p> <p>Can recognise and explain the importance of exercise and the positive benefits to the body and mind.</p> <p>Begin with a high elbow in line with shoulder and back of head. Point your non-throwing arm in direction of target. Foot of non-throwing side forward. Push throwing arm forward and release.</p> <p>Many events involve running and jumping or running and throwing.</p> <p>Make sure that you are still keeping the correct technique, for skill &amp; strength.</p> <p>Where appropriate, take off from two feet.</p> <p>Keep a rhythm between the obstacles.</p>
	KEY VOCAB	<p>Athletics</p> <p>Strength</p> <p>Speed</p> <p>Running</p> <p>Jumping</p> <p>Throwing</p> <p>Sprinting</p> <p>Equipment</p> <p>Hurdle</p> <p>Distance</p> <p>Events</p>	<p>Athletics</p> <p>Strength</p> <p>Speed</p> <p>Running</p> <p>Jumping</p> <p>Throwing</p> <p>Sprinting</p> <p>Obstacle</p> <p>Equipment</p> <p>Persevere</p> <p>Hurdling</p> <p>Distance</p> <p>Events</p>	<p>Athletics</p> <p>Strength</p> <p>Speed</p> <p>Endurance</p> <p>Running</p> <p>Jumping</p> <p>Throwing</p> <p>Sprinting</p> <p>Obstacle</p> <p>Equipment</p> <p>Persevere</p> <p>Hurdling</p> <p>Distance</p> <p>Events</p>
	IMPACT QUESTIONS	<p>What is the difference between running and walking?</p> <p>How do you jump?</p> <p>Which hand do you use to throw?</p>	<p>What do you do with your arms when running?</p> <p>How do you take off and land?</p> <p>What are the different types of throws?</p>	<p>How do you use your arms when running in different ways?</p> <p>How do you use your body to jump further safely?</p> <p>What type of throws would you use to complete different events?</p>

