



Nacton C of E Primary School

PE Knowledge Gems

In each PE unit we build on our PE knowledge though our knowledge gems centred around; **SKILLS**, **APPLICATION**, **PERFORM**. The knowledge gems are the key things we learn and try to remember. We apply our learning using our previous PE knowledge and skills.

SKILLS	APPLICATION	PERFORM
We gain the skills and knowledge of individual skills that can be used in a variety of physical activities.	We apply the skills learnt to a range of scenarios and activities that are crucial for a range of physical activities and games.	We perform in a range of sports and physical activities using the skills and application learnt.

Lower Key Stage Two

Fundamentals

Cycle A Autumn 1	SKILLS	APPLICATION	PERFORM
	I know how to develop balance and apply it to other fundamental movement skills.	I know how to develop technique when changing speed.	I know how to develop technique and control when jumping, hopping and landing.
	I know how to understand how the body moves differently at different speeds.	I know how to develop agility using a change of speed and direction.	I know how to apply fundamental skills to a variety of games.

Netball

Cycle A Autumn 1	SKILLS	APPLICATION	PERFORM
	I know how to develop passing and moving and play within the footwork rule.	I know how to develop movement skills to lose a defender.	I know how to develop the shooting action.

	I know how to use a variety of passes to move towards a goal.	I know how to defend an opponent and try to win the ball.	I know how to apply skills and knowledge to play games using netball rules.
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Tag Rugby

Cycle A Autumn 2	SKILLS	APPLICATION	PERFORM
	I know how to develop throwing, catching and running with the ball.	I know how to begin to use the 'forward pass' and 'offside' rule.	I know how to track an opponent and begin to defend as a team.
	I know how to develop an understanding of how to defend using tagging rules.	I know how to develop movement skills to dodge a defender.	I know how to apply the rules and skills you have learnt and play in a tag rugby tournament.

Gymnastics

Cycle A Autumn 2	SKILLS	APPLICATION	PERFORM
	I know how to be able to create interesting point and patch balances.	I know how to develop stepping into shape jumps with control.	I know how to develop the straight, barrel, and forward roll.
	I know how to develop point and patch balances on apparatus.	I know how to develop stepping into shape jumps using apparatus.	I know how to include rolls in sequence work using apparatus.

Swimming – SEE SEPARATE SUFFOLK SWIMMING DOCUMENT

Dance

Cycle A Spring 1	SKILLS	APPLICATION	PERFORM
	I know how to create actions in response to a stimulus and move in unison with a partner.	I know how to select and link appropriate actions and dynamics to show our dance idea.	I know how to share ideas of actions and dynamics to create a dance that shows a location.
	I know how to create actions to move in contact with a partner or interact with a partner.	I know how to remember, repeat and create actions to represent an idea.	I know how to use choreographing ideas to develop our dance.

Swimming SEE SEPARATE SUFFOLK SWIMMING DOCUMENT

Hockey

Cycle A Spring 2	SKILLS	APPLICATION	PERFORM
	I know how to develop sending and receiving the ball with accuracy and control.	I know how to develop dribbling to beat a defender.	I know how to apply attacking skills to move towards goal and find space.
	I know how to develop the attacking skill of dribbling.	I know how to use defending skills to delay an opponent and gain possession.	I know how to apply skills and knowledge to compete in a tournament.

OAA

Cycle A Summer 1	SKILLS	APPLICATION	PERFORM
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	I know how to develop co-operation and teamwork skills.	I know how to involve all team members to work towards a shared goal.	I know how to be able to identify objects, draw and follow a simple map.
	I know how to develop trust and teamwork.	I know how to develop trust whilst listening to others and following instructions.	I know how to draw a route using directions, orientate a map and navigate around a grid.

Football

Cycle A Summer 1	SKILLS	APPLICATION	PERFORM
	I know how to develop the attacking skill of dribbling.	I know how to develop passing and begin to recognise when to use different skills.	I know how to use defending skills to delay an opponent and gain possession.
	I know how to develop changing direction and speed when dribbling.	I know how to apply attacking skills to move towards a goal.	I know how to apply skills and knowledge to compete in a tournament.

Athletics

Cycle A Summer 2	SKILLS	APPLICATION	PERFORM
	I know how to develop the sprinting technique and improve on your personal best.	I know how to develop jumping technique in a range of approaches and take off positions.	I know how to develop throwing for distance in a pull throw.
	I know how to develop changeover technique in relay events.	I know how to develop throwing for distance and accuracy.	I know how to develop officiating and performing skills.

Rounders

Cycle A Summer 2	SKILLS	APPLICATION	PERFORM
	I know how to learn how to score points in a striking and fielding game.	I know how to develop fielding skills to limit the batter's score.	I know how to develop an understanding of tactics and begin to use them in game situations.
	I know how to develop batting to score points.	I know how to understand the role of a bowler in the fielding team.	I know how to apply skills and knowledge to play games using rounders rules.

Basketball

Cycle B Autumn 1	SKILLS	APPLICATION	PERFORM
	I know how to develop the attacking skill of dribbling.	I know how to develop passing and begin to recognise when to use different skills.	I know how to develop technique in the attacking skill of shooting.
	I know how to protect the ball when dribbling against an opponent.	I know how to use defending skills to delay an opponent and gain possession.	I know how to apply skills and knowledge to compete in a tournament.

Yoga

Cycle B Autumn 1	SKILLS	APPLICATION	PERFORM
	I know how to explore poses that challenge my balance.	I know how to explore poses that challenge my flexibility.	I know how to explore poses that challenge my strength.
	I know how to create a flow using poses that challenge my balance.	I know how to create a flow using poses that challenge my flexibility.	I know how to create a flow using poses that challenge my strength.

Gymnastics

Cycle B Autumn 2	SKILLS	APPLICATION	PERFORM
	I know how to develop individual and partner balances.	I know how to develop control in performing and landing rotation jumps.	I know how to develop the straight, barrel, forward and straddle roll.
	I know how to develop individual and partner balances using apparatus.	I know to develop rotation jumps and sequence building using apparatus.	I know how to assess my straight, barrel, forward and straddle roll.

Fitness

Cycle B Autumn 2	SKILLS	APPLICATION	PERFORM
	I know how to recognise different areas of fitness and explore what your body can do.	I know how to develop co-ordination.	I know how to develop balance.
	I know how to develop speed and strength.	I know how to develop agility.	I know how to develop stamina.

Swimming SEE SEPARATE SUFFOLK SWIMMING DOCUMENT

Handball

Cycle B Spring 1	SKILLS	APPLICATION	PERFORM
	I know how to begin to throw and catch while on the move.	I know how to move towards goal to create shooting opportunities.	I know how to use a change of direction and speed to lose a defender and move into space.
	I know how to move towards goal or away from a defender.	I know how to use defending skills to delay an opponent and gain possession.	I know how to apply skills and knowledge to compete in game situations.

OOA

Cycle B Spring 2	SKILLS	APPLICATION	PERFORM
	I know how to develop co-operation and teamwork skills.	I know how to develop observational skills, listening to others and following instructions.	I know how to be able to identify, draw and follow a simple map.
	I know how to orientate a map and navigate around a grid.	To develop trust whilst listening to others and following instructions.	I know how to be able to orientate and navigate around a map and draw a route using directions.

Rounders

Cycle B Summer 1	SKILLS	APPLICATION	PERFORM
	I know how to develop throwing and catching with accuracy and apply these to a striking and fielding game.	I know how to develop batting technique and understand where to hit the ball.	I know how to play different roles in a game and begin to think tactically about each role.
	I know how to develop bowling and learn the rules of the skill within this game.	I know how to develop fielding techniques and apply them to game situations.	I know how to apply skills and knowledge to compete in a tournament.

Athletics

Cycle B Summer 1	SKILLS	APPLICATION	PERFORM
	I know how to develop stamina and an understanding of speed and pace in relation to distance.	I know how to develop technique when jumping for distance.	I know how to develop a pull throw for distance and accuracy.
	I know how to develop power and speed in the sprinting technique.	I know how to develop power and technique when throwing for distance.	I know how to develop officiating and performing skills.

Cricket

Cycle B Summer 2	SKILLS	APPLICATION	PERFORM
	I know how to develop overarm and underarm throwing and apply these to a striking and fielding game.	I know how to develop batting technique and understand where to hit the ball.	I know how to play different roles in a game and begin to think tactically about each role.
	I know how to develop bowling technique and learn the rules of the skill within this game.	I know how to develop fielding techniques and apply them to game situations.	I know how to apply skills and knowledge to compete in a tournament.

Tennis

Cycle B Summer 2	SKILLS	APPLICATION	PERFORM
	I know how to develop racket and ball control.	I know how to develop the backhand and understand when to use it.	I know how to use and apply rules and simple tactics.
	I know how to develop returning the ball using a forehand and understand when to use it.	I know how to keep a continuous rally going showing increased technique.	I know how to understand and use rules to manage a game.