Knowledge Overview: The Substantive and Disciplinary knowledge that our pupils will learn in each PE unit

Golden Thread –

PE Unit: Y1 Jungle Yoga	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Lesson Content	How can you learn some basic yoga moves?	How can you earn some new relaxation techniques?	How can you challenge yourself in yoga?	Hoe can you perform the yoga poses with flexibility and control?	How can you learn some basic yoga poses and how to relax?	How can you make up your own Yoga story using the poses we have learned.
Substantive Knowledge (understand/know)	I can perform the yoga poses, trying to keep my tummy strong (core strength).	I can lie down, start relaxing and begin to focus on breathing to relax.	I can challenge myself to try some harder yoga poses.	I can perform the yoga poses with greater conrol.	I can relax and perform yoga poses.	I can work with a partner and use most of the poses to make up a story.
Disciplinary Knowledge (doing) Activities that are specific to PE as a discipline	Introducing the story and learning yoga poses: moon, star, sun, elephant, giraffe, lion, tree, hill, mountain, bird, monkey, jungle, story pose. Pose competition and storytelling.	Recap yoga poses and continue with the story doing the appropriate poses as the story is told.	Recap previous yoga poses with greater accuracy, new poses, log, parrot, chimpanzee, snake, baby elephant, tree cub. Continue with the story doing the appropriate poses as the story is told.	Recap yoga poses and continue with the story doing the appropriate poses as the story is told. Partner work and feedback.	Learn new poses, crocodile, chimpanzee, tree 1,2,3 jungle walks, star. Recap yoga poses and continue with the story doing the appropriate poses as the story is told. Pose competition.	Recap all yoga poses and go through the whole story using the poses that we have learned.
Key Vocabulary and communication development opportunities	Strong muscles, story, pose, stretch and yoga.					
Prior Knowledge	**What prior knowledge will help the pupils to be successful in this unit? In Year R, pupils** In Early Years, children experimented with making different animal shapes with their body, moving around like animals, balancing in different yoga shapes and making up some of their own.					

Infringement

Offside

Opposition

Over a third

Reaction

Perseverance

Possession

Pivot

Position

Netball Knowledge Organiser - Year 6

Prior Learning: In Year 5, children continued to master throwing/catching skills (chest and bounce) they were introduced to a shoulder pass. Children progressed their footwork skills - passing, moving and receiving the ball. They practiced attacking and defending skills. They recapped shooting and learned a centre pass. They were also introduced to some reaction games. They were introduced to the new Bee Netball game (Stinger rules).

Key Skills

Physical Me

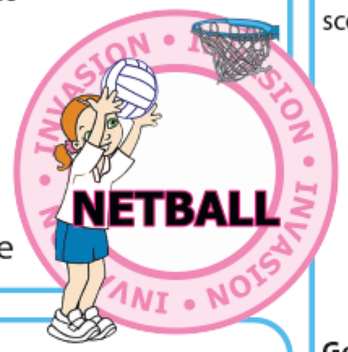
Throw
Catch
Dodge
Run
Dribble

Agility
Balance
Co-ordination
Jump
Speed

Thinking Me
- To make decisions in the game
- Evaluate & improve performance

Value Me:
- Embrace the rules
- Communicate

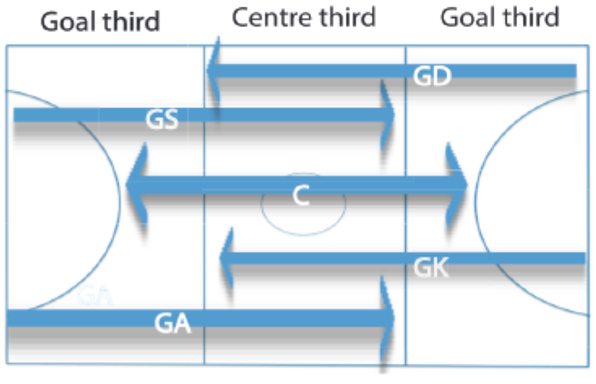
Social Me
- Teamwork
- Perseverance



Key Knowledge

Infringement-
Breaking the rules e.g. holding onto the ball for more than 4 seconds

Reaction:
Reaction times in netball terms, can mean, or be the difference between being left standing, or swiping the ball from your unsuspecting opposition



Bee Netball Stinger Rules:

No of players in a team:
Only 5 on court at a time

Start the game: Play is started when the Centre steps one foot into the centre circle. Ball MUST be caught in the centre third. Alternate centre pass after goal has been scored.

Pass: You MUST pass the ball within 4 seconds

Footwork:
When you receive the ball you can not move the landing foot. A FREE PASS is given if footwork takes place

Goal:
Is scored by the ball going through the net.

Defending:
You must be 0.9m away when defending the ball. If you obstruct, a penalty pass or shot is given.

Over a third:
If the ball is thrown over a third untouched, a ball is given to the opposing team

Out of area:
If a player is out of their area they are ('OFF-SIDE') a 'Free Pass is given to the other team

Contact:
Non-contact game- penalty pass/shot given

Key Vocabulary

- Infringement
- Offside
- Opposition
- Over a third
- Reaction
- Perseverance
- Possession
- Pivot
- Position