



PE Knowledge Organiser

Topics: Athletics; long jump, running. Gymnastics; jumps from height, vaulting. Tennis; reacting to the ball direction and positioning ready for the shot keeping a rally going	Year: Y4/5	Autumn Term 2020 Areas covered and activities have been altered from usual curriculum to abide by covid risk assessments.
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Key knowledge		Key Vocabulary	
Athletics			
	To know		
	To know.		
	To understand how	Vault	

Key knowledge	
Gymnastics; jumps from height and vaulting	
Jumps from height	.To understand the importance of using a variety of body shapes when taking off and landing in a controlled way.
Vaulting	To know how speed, shape and accuracy effect the vault and its success.

			The vault is an artistic gymnastics apparatus, as well as the skill performed using that apparatus.
	Spring board		A strong, flexible board that is used for jumping very high in gymnastics.
	Present or Finishing position		The position the gymnast completes their sequence of moves in. Girls have both arms stretched above their hand. Boys have one arm stretched above the head and one by their side.
	Rally		To hit the ball multiple times back and fore across the net to an opponent
	Body position for forehand		
	forehand		A shot made by swinging the racket across one's body with the hand moving palm-first.

Key knowledge	
Tennis	
Rally	To know how to keep the ball moving across the net by accurately hitting and receiving using a racket.
Body position	To understand the importance of and be able to position feet and body to enable accurate tennis shots in forehand
Variety of shots	To know how to use a variety of heights when sending the ball from hands or the racket

Extended learning opportunity
Relate learning in Tennis, Athletics and Gymnastics to National players, teams and International competitions such as: The French Open British Athletics Championships Artistic Gymnastics World Cup