

PE Knowledge Organiser

Topics: Gymnastics; building individual routines in preparation for competition. Cross Country; Health and Fitness; individual and team target setting for increased cardiac and aerobic fitness. Cooking; designing and creating a balanced meal	Year: Y2/3	Spring Term
---	------------	-------------

Key knowledge	
Cross Country	
Interval runs	To know how to increase fitness by running then walking, or sprinting then jogging between set markers around a course.
Fartleks	To know how to make a sudden unexpected change in pace.
Racing	To understand the need to use a reasonable pace to maintain a successful longer distance run.

Key knowledge	
Gymnastics; individual sequences for competition	
Key Steps Routines	To know how to perform a sequence of movements by memory on the floor and vault
Evaluate and perform	To know how to evaluate and improve own and peers sequences.

Key knowledge	
Healthy Lifestyles	
Planning a recipe	To know that the factors to consider when planning a meal are cost, preparation time, quantities, cooking facilities and dietary requirements.
Food hygiene	To know how to prepare a meal safely, considering hygiene and safe use of equipment.
Cooking	To know that to create a balanced meal it must contain the key food groups, carbohydrate, protein, fat.

Extended learning opportunity
Links between personal performances in cross country and participation in inter school cross country events, 'Trainer Day' or The Green Park Challenge. Opportunities to support family or friends running in the Reading Half Marathon or London Marathon.

Cross curricular links

Science –Effects of exercise and food on the body, categorising foods; fruit, vegetables, protein, carbohydrate.
 Life Skills: cooking and the food choices we make.

Key Vocabulary	
Fartleks	The Swedish term for 'speed play'. An unstructured sudden increase in speed followed by a short recovery period.
Circuit runs	When a run is enhance by regular activity stations; jumping jacks, push ups, squats etc.
Cardiac fitness	Fitness of the heart, increasing blood flow by increased activity.
Perform	To show a sequence of practised movements to an audience
Evaluate	To look at one's own or others performance and suggest changes to enhance the movements to make them more challenging or aesthetic.
Improve	Putting in place suggestions to ensure performance is if the highest possible standard.
Carbohydrate	Pasta, potatoes, rice, bread. Also sugars are carbohydrates
Protein	Beans, dairy, meat, fish, eggs and other
Fat	Some examples that contain fat are; dairy, avocado, nuts, meat. Oily fish, oils.

