

PE Knowledge Organiser

Topics: Cross Country; longer distance and managing pace effectively. Gymnastics; preparing for and competing in competition. Healthy Lifestyles; the effects that certain food groups have on the body. Swimming.	Year: Y6	Spring Term
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Key knowledge	
Cross Country	
Building stamina and pacing	To know the effect that pacing and building stamina has on cardio vascular fitness.
Develop training techniques	To know the importance of strategic decision making in performance.

Key knowledge	
Gymnastics: Creating sequences for individual and team gym competition.	
Sequences for competition.	Use set pieces to create a sequence in a team and as an individual.
Evaluate and Judge	.To know how to score simple gymnastics movements in a competition setting.

Key knowledge	
Healthy lifestyles: planning, preparing and eating	
Nutrients	To know the basic nutrients that the body needs; carbohydrate, fat, protein, vitamins and minerals.
Make a class choice to make a meal	To plan, prepare and eat a balanced meal understanding the effects the ingredients have on the body.
Use kitchen equipment.	To know how to use a knife, grater, saucepan, liquidiser and oven safely.
Key knowledge	

Swimming	
Extension of distance of swim to a minimum of 25m on front and back	To know the technique needed in front and back crawl to enable the swimmer to swim a set distance with competence.
To tread water for 60 seconds	To know how to tread water and keep afloat independently.

Extended learning opportunity
Links between personal performances in cross country and participation in inter school cross country events and 'Trainer Day'. Opportunities to support family or friends running in the Reading Half Marathon or London Marathon. All pupils are invited to trials for Cross country, Tag Rugby and Netball throughout the term with the successful pupils representing the school at a number of inter school tournaments

Key Vocabulary	
Cardio vascular system	Heart, blood and blood vessels.
Oxygenated blood	Travels through the left side of the heart and up through the aorta.

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Respiratory	Inhalation and exhalation; breathing in oxygen, nitrogen and carbon dioxide.
Spring board	A wooden wedge shaped object that sits in front of the vault. It enables to gymnast to gain more height when jumping.
Scoring	A perfect score is a 10. However, scores start from a 10.0 and deductions as small as half a tenth or as large as one whole point can be taken for errors.
Team Gym	Streaming is when gymnasts compete consecutively and close to each other.
Vitamins	Vitamins are vital to many body processes. For example, vitamin c can prevent illness.
	<p>All of these Nutrients can be found in a range of food and drinks.</p> <div style="text-align: center;"> <p>THERE ARE 6 ESSENTIAL NUTRIENTS:</p> <p>The infographic features six circular icons arranged around a central figure of a person running. Each icon is accompanied by a nutrient name and a brief description of its function. The nutrients are: Protein (represented by a blue muscle), Carbs (represented by yellow pasta), Fat (represented by a red oil drop), Vitamins & Minerals (represented by colorful pills), and Water (represented by a blue water bottle). The central figure is a red silhouette of a person running.</p> </div>