

## PE - Knowledge Essentials

Below is a list of the key art knowledge, in which all children should be fluent. Children should be able to recall these key facts from their year group, and all previous year groups.

Year Group	Key Knowledge
1	<p>Know how nutrition and healthy lifestyles improve physical fitness</p> <p>Pupils must know how to carry equipment safely in lessons</p> <p>Describe how our body feels before, during and after exercise</p>
2	<p>To know how nutrition &amp; healthy lifestyles improve physical fitness</p> <p>To know how to carry equipment safely in lessons and begin to learn how to set up equipment safely</p> <p>To explain what they need to stay healthy (nutrition, exercise and happiness).</p> <p>To be able to name different food groups and recognise which ones are good and bad for us</p> <p>To know there are different roles within a team</p>
3	<p>To apply knowledge of nutrition and healthy lifestyles from year 2 to improve physical fitness</p> <p>To know the importance of strength and flexibility.</p> <p>To explain why it is important to warm up and cool down</p> <p>Children begin to peer assess others' performance using adult guidance (i.e. success criteria) in all sports</p> <p>Pupils must know how to carry equipment safely in lessons and learn how to set up equipment safely</p>

	<p>including gymnastics apparatus, but not wall frames.</p> <p>To apply knowledge of nutrition and healthy lifestyles from year 2 to improve physical fitness.</p> <p>To know the important of strength and flexibility and describe how it effects our body</p> <p>Learn progressive rules and scoring systems</p> <p>Develop tactics and knowledge of roles in a team</p>
<p><b>4</b></p>	<p>Apply knowledge of nutrition and healthy lifestyles to improve physical fitness</p> <p>To peer assess with increasing independence using knowledge of sports.</p> <p>To respond to feedback positively and apply it to skills taught</p> <p>Pupils must know how to carry equipment safely in lessons and learn how to set up equipment safely including gymnastics apparatus, begin to set up wall frames with supervision</p> <p>To explain why exercise is good for our health.</p> <p>To describe how the body reacts at different times and this affects performance.</p> <p>To identify what areas of the body are needed to be strong or flexible for individual sports</p> <p>Learn progressive rules and scoring systems</p> <p>Develop and analyse tactics and their impact team performance</p>

<p><b>5</b></p>	<p>To explain some safety principles when preparing for and during exercise.</p> <p>To know and understand how a warm up and cool down effect the body</p> <p>To use peer and self-assessment to improve their performance</p> <p>To respond to feedback positively and apply it to skills taught</p> <p>Pupils must know how to carry equipment safely in lessons and learn how to set up equipment safely including gymnastics apparatus and the setting up of wall frames with supervision</p> <p>Know how nutrition, exercise and healthy lifestyles impact on the body and link this to athletes' training</p> <p>Learn progressive rules and scoring systems</p> <p>Develop and analyse tactics and their impact team and individuals' performance</p>
<p><b>6</b></p>	<p>To know and understand how a warm up and cool down effect the body</p> <p>Children use peer and self assessment without prompting to challenge themselves and constantly seek improvement in skills taught</p> <p>Pupils must know how to carry equipment safely in lessons and learn how to set up equipment safely including gymnastics apparatus and the setting up of wall frames with supervision</p> <p>Know how nutrition, exercise and healthy lifestyles impact on the body and link this to athletes' training.</p> <p>Know way they can become healthier</p>

	<p>Learn progressive rules and scoring systems</p> <p>Develop and analyse tactics and their impact team and individuals' performance</p> <p>Strategically deploy individual talents within a team</p>
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