CORE PE
KNOWLEDGE ORGANISERS
Year 7

PE YEAR 7 KNOWLEDGE ORGANISER

SKILLS • KNOWLEDGE • UNDERSTANDING
FITNESS • TEAMWORK • SUCCESS

SKILLS AND TECHNIQUES

- How do I perform basic skills with consistent accuracy?
- How do I perform basic skills with accuracy and fluency?

SPORT EDUCATION

- How do I select the correct technique for a specific jump?
- How do I work in a team, build trust and develop skills to solve problems?
- How does exercise affect my body and what adaptations might take place through training?

NETBALL

- How do I perform a chest, bounce and shoulder pass with accuracy?
- How do I make sure I don't break the footwork rule?
- How do I play different positions in netball?
- How do I use different passes to my advantage?
  How does motivation affect my health and performance?

FOOTBALL

- How do I play short and long passes, with accuracy?
- How do I stop the ball and dribble effectively?
- How do I create space for an effective pass?
- What training methods can I use to improve my aerobic fitness?

TACTICS AND STRATEGIES

- How do I select the appropriate skill for changing situations?
- How do I perform basic team tactics?

HEALTHY PARTICIPATION

- How do I use health-related fitness components in different activities?
- How does exercise affect my body and what adaptations might take place through training?
- How does motivation affect my health and performance?

CREW COMPETITION: NETBALL/FOOTBALL

- How do I apply my invasion game skills in a competitive situation?
- How do I use my problem solving and teamwork skills in an invasion game competition?
- How does my fitness impact upon the team's success?

BASKETBALL

- How do I dribble under control with the correct technique?
- How do I use different passes and types of dribbling to my advantage in basketball?
- How do I train effectively using equipment, and incorporating the principles of rest and recovery?

RUGBY

- How do I vary my passing technique?
- How do we use passing to beat the opposition?
- What training methods can I use to improve my anaerobic fitness?

CREW COMPETITION: BASKETBALL

- How do I use my verbal and non-verbal communication skills to my teams advantage?
- What position should each member of the adopt on court in order to defend at our best?
- How does my anaerobic fitness impact upon the team's success?

CREATIVE EDUCATION

- How do I perform key chorographical features with control and fluency?
- How do I choreograph a gymnastics floor routine with a specified dance style?
- How does flexibility help in gymnastics?

PICKLEBALL

- How do I perform a controlled serve and forehand shot?
- How do I ensure I am ready to complete the next shot, by adopting the correct court position and stance?
- How do balance, co-ordination and agility affect my performance?

CREW COMPETITION: PICKLEBALL

- How do I use my serving skills to my advantage in a competition?
- How can I move my opponent around the court?
- How does my aerobic fitness impact upon my success?

ATHLETICS

- How do I run, throw and jump with accurate technique?
- How do I improve my skills in track events, including changing stride, for different distances?
- How do I use pacing strategies in middle and long distance runs?
- How to I safely participate in field activities?

STRIKE/FIELD

- How do I accurately use a short and long barrier?
- How do I develop basic throwing and catching skills?
- How do we manipulate the field depending on the batters' strengths and weaknesses?
- How do I retrieve the ball efficiently and why is this important?
- How does strength affect my fielding skills?

REMEMBER!

- ✓ PRACTICE MAKES PROGRESS
- ✓ WORK TOGETHER
- ✓ STAY ACTIVE
- ✓ BE YOUR BEST



PE YEAR 7 KNOWLEDGE ORGANISER

KEY ANSWERS TO SUPPORT YOUR LEARNING

SKILLS AND TECHNIQUES

- I perform basic skills by using the correct technique.
- I practise regularly and focus on body position, control and timing to improve accuracy and fluency.

SPORT EDUCATION

- I use the correct technique for each jump (e.g. standing long jump, triple jump, high jump) based on the task.
- I work in a team by listening, trusting others and sharing ideas to solve problems.
- Exercise strengthens my heart, muscles and bones, improves mood and helps me sleep and manage stress.

NETBALL

- I perform a chest, bounce and shoulder pass using two hands, stepping towards my target.
- I keep one foot grounded when pivoting and do not move my landing foot.
- I play different positions and understand their roles (e.g. GA, GD, C, WA, WD, GK).
- I use different passes (short, long, lob) to keep possession and create space.
- Motivation helps me work harder, stay positive and improve my performance.

FOOTBALL

- I pass short (inside foot) and long (laces) accurately.
- I stop the ball using the inside, outside or sole and keep it close when dribbling.
- I create space by moving into space, using width and timing my runs.
- I use training methods like continuous training and interval training to improve aerobic fitness.

TACTICS AND STRATEGIES

- I choose the right skill or tactic for the situation.
- I work with my team and use simple tactics to attack and defend.

CREW COMPETITION: NETBALL/FOOTBALL

- I use the skills and tactics I have learnt to help my team in a match.
- I solve problems and communicate to make good decisions together.
- Good fitness helps my team keep energy, make fewer mistakes and win more games.

HEALTHY PARTICIPATION

- Exercise improves my physical health by making my heart, lungs and muscles stronger.
- It also improves my mental health by reducing stress, boosting confidence and improving mood.

BASKETBALL

- I dribble using control (low, high, change of pace).
- I use chest, bounce and overhead passes to my advantage.
- I train using circuits, shuttle runs and rest to math to improve fitness (FITT principles).

RUGBY

- I vary my passing (spin, pop, miss pass) to suit the game.
- We use passes to move the ball wide and create space to beat defenders.
- I improve anaerobic fitness using sprints and high intensity drills.

CREW COMPETITION: BASKETBALL

- I communicate using talking, hand signals and eye contact.
- Each player has a role (e.g. point guard, shooting guard, centre). We defend our space and work together.
- Good anaerobic fitness helps the team stay strong in short, intense periods of play.

CREATIVE EDUCATION

- I use space, levels, timing and dynamics with control.
- I create a routine using actions (e.g. canon, unison, contrast).
- Training methods (e.g. repetition, flexibility, core work) improve my strength, flexibility and control.

PICKLEBALL

- I use a controlled serve and forehand with correct grip and stance.
- I stay light on my feet, return to ready position and face the ball.
- Balance, co-ordination and agility help me move quickly and hit accurately.

CREW COMPETITION: PICKLEBALL

- I use accurate serves to put my opponent under pressure.
- I move my opponent around the court using angles and placement.
- Good aerobic fitness helps me stay focused and keep energy throughout matches.

ATHLETICS

- I run, throw and jump using correct technique (e.g. fast arms, high knees, full extension).
- I change my stride for different distances and use pacing (even, negative split).
- Training methods (e.g. fartlek, tempo runs, strength training) build fitness and muscle.
- I follow safety rules in field events, use correct equipment and land safely.

STRIKE/FIELD

- I use short and long barriers to stop the ball.
- I throw and catch with accuracy using correct technique.
- We place fielders to use the batters' weaknesses and protect gaps.
- I collect the ball quickly, return it safely and support my team.
- Strength helps me throw harder and field better.

REMEMBER!

- ✓ PRACTICE MAKES PROGRESS
- ✓ WORK TOGETHER
- ✓ STAY ACTIVE
- ✓ BE YOUR BEST



KEY TO SUCCESS | PRACTISE REGULARLY | USE CORRECT TECHNIQUE | WORK TOGETHER | MAKE GOOD DECISIONS | IMPROVE YOUR FITNESS | STAY POSITIVE & MOTIVATED

EVERY LESSON, EVERY DAY – GET BETTER!

CORE PE
KNOWLEDGE ORGANISERS
Year 8

PE YEAR 7 KNOWLEDGE ORGANISER

KEY ANSWERS TO SUPPORT YOUR LEARNING

SKILLS AND TECHNIQUES

- I perform basic skills by using the correct technique.
- I practise regularly and focus on body position, control and timing to improve accuracy and fluency.

SPORT EDUCATION

- I use the correct technique for each jump (e.g. standing long jump, triple jump, high jump) based on the task.
- I work in a team by listening, trusting others and sharing ideas to solve problems.
- Exercise strengthens my heart, muscles and bones, improves mood and helps me sleep and manage stress.

NETBALL

- I perform a chest, bounce and shoulder pass using two hands, stepping towards my target.
- I keep one foot grounded when pivoting and do not move my landing foot.
- I play different positions and understand their roles (e.g. GA, GD, C, WA, WD, GK).
- I use different passes (short, long, lob) to keep possession and create space.
- Motivation helps me work harder, stay positive and improve my performance.

FOOTBALL

- I pass short (inside foot) and long (laces) accurately.
- I stop the ball using the inside, outside or sole and keep it close when dribbling.
- I create space by moving into space, using width and timing my runs.
- I use training methods like continuous training and interval training to improve aerobic fitness.

TACTICS AND STRATEGIES

- I choose the right skill or tactic for the situation.
- I work with my team and use simple tactics to attack and defend.

HEALTHY PARTICIPATION

- Exercise improves my physical health by making my heart, lungs and muscles stronger.
- It also improves my mental health by reducing stress, boosting confidence and improving mood.

CREW COMPETITION: NETBALL/FOOTBALL

- I use the skills and tactics I have learnt to help my team in a match.
- I solve problems and communicate to make good decisions together.
- Good fitness helps my team keep energy, make fewer mistakes and win more games.

BASKETBALL

- I dribble using control (low, high, change of pace).
- I use chest, bounce and overhead passes to my advantage.
- I train using circuits, shuttle runs and rest to match to improve fitness (FITT principles).

RUGBY

- I vary my passing (spin, pop, miss pass) to suit the game.
- We use passes to move the ball wide and create space to beat defenders.
- I improve anaerobic fitness using sprints and high intensity drills.

TABLE TENNIS

- I use a controlled serve and backhand and forehand with correct grip and stance.
- I stay light on my feet, return to ready position and face the ball.
- Balance, co-ordination and agility help me move quickly and hit accurately.

CREW COMPETITION: BASKETBALL

- I communicate using talking, hand signals and eye contact.
- Each player has a role (e.g. point guard, shooting guard, centre). We defend our space and work together.
- Good anaerobic fitness helps the team stay strong in short, intense periods of play.

CREATIVE EDUCATION

- I use space, levels, timing and dynamics with control.
- I create a routine using actions (e.g. canon, unison, contrast).
- Training methods (e.g. repetition, flexibility, core work) improve my strength, flexibility and control.

PICKLEBALL

- I use a controlled serve and forehand with correct grip and stance.
- I stay light on my feet, return to ready position and face the ball.
- Balance, co-ordination and agility help me move quickly and hit accurately.

CREW COMPETITION: PICKLEBALL

- I use accurate serves to put my opponent under pressure.
- I move my opponent around the court using angles and placement.
- Good aerobic fitness helps me stay focused and keep energy throughout matches.

REMEMBER!

- ✓ PRACTICE MAKES PROGRESS
- ✓ WORK TOGETHER
- ✓ STAY ACTIVE
- ✓ BE YOUR BEST

ATHLETICS

- I run, throw and jump using correct technique (e.g. fast arms, high knees, full extension).
- I change my stride for different distances and use pacing (even, negative split).
- Training methods (e.g. fartlek, tempo runs, strength training) build fitness and muscle.
- I follow safety rules in field events, use correct equipment and land safely.

STRIKE/FIELD

- I use short and long barriers to stop the ball.
- I throw and catch with accuracy using correct technique.
- We place fielders to use the batters' weaknesses and protect gaps.
- I collect the ball quickly, return it safely and support my team.
- Strength helps me throw harder and field better.

ROUNDERS / SOFTBALL

- I use a short barrier on the move to field a ball in quickly.
- Get behind the ball, use short steps and a soft hands barrier.
- Aim into space, use good footwork and follow through.
- Cut off runs and back up team-mates.
- Speed helps me reach bases and decide when to run or hold.
- I think ahead and make quick decisions when batting.

SKILL-RELATED COMPONENTS OF FITNESS (Apply to all sports)

- **Agility** – Change direction quickly and easily
- **Balance** – Stay steady when stationary or moving
- **Co-ordination** – Use body parts together smoothly
- **Power** – Produce strength quickly
- **Reaction Time** – React quickly to what's happening
- **Speed** – Move fast over a short distance

HEALTH-RELATED COMPONENTS OF FITNESS

- **Cardiovascular Endurance** – Keeps heart and lungs healthy
- **Muscular Endurance** – Muscles can work for longer
- **Muscular Strength** – Ability to lift heavy loads
- **Flexibility** – Move joints through a full range
- **Body Composition** – Healthy balance of muscle and fat

KEY TO SUCCESS · PRACTISE REGULARLY · USE CORRECT TECHNIQUE · WORK TOGETHER · MAKE GOOD DECISIONS · IMPROVE YOUR FITNESS · STAY POSITIVE & MOTIVATED

EVERY LESSON, EVERY DAY – GET BETTER!

PE YEAR 8 KNOWLEDGE ORGANISER

KEY POINTS TO SUPPORT YOUR LEARNING

- ✓ Practice regularly and with purpose
- ✓ Use feedback to improve
- ✓ Work as a team and communicate
- ✓ Challenge yourself and stay active
- ✓ Understand how fitness helps your performance
- ✓ Look after your body and mind

SKILLS AND TECHNIQUES

- **How do I perform basic skills under pressure?**
  - → Stay calm, focus on your technique and make quick decisions. Practice in game-like situations.
- **How do I perform a wide range of skills with accuracy?**
  - → Use correct technique, control your body and repeat skills with consistency.
- **How do I perform more advanced skills?**
  - → Build confidence, combine skills and adapt to different scenarios.

TACTICS AND STRATEGIES

- **How do I perform basic team tactics effectively?**
  - → Use simple tactics (e.g. marking, support play) and follow roles.
- **How do I amend my tactical choice depending on the scenario?**
  - → Read the game, communicate and change your tactics when needed.
- **How do I select tactics based upon my strengths and areas to improve?**
  - → Choose tactics that suit your team and improve your weaknesses.

HEALTHY PARTICIPATION

- **What does skill-related fitness mean?**
  - → The fitness needed to perform skills in sport.
- **How do I use skill-related fitness?**
  - → It helps me move better, last longer and perform skills effectively.
- **How do I improve my skill-related fitness?**
  - → Practice regularly, use drills, stay active and have a balanced lifestyle.

HEALTHY PARTICIPATION / OAA

- **How do I lead an appropriate warm-up?**
  - → Include pulse raiser, dynamic stretches and skill activities.
- **How do I work efficiently in a team to build trust and develop skills to solve more complex problems?**
  - → Communicate, listen, share ideas and support others.
- **How do I adapt my skills when working as a team or an individual?**
  - → Be flexible, take on different roles and think about what the team needs.
- **What effect does exercise have on my heart and lungs?**
  - → It strengthens them, improves oxygen flow and increases stamina.

NETBALL

- **How do we perform man marking technique?**
  - → Stay close, mirror the player and block space.
- **How do I mark, dodge and shoot successfully?**
  - → Mark tightly, dodge with fakes and footwork, and shoot with accuracy.
- **How do we use movement to dodge an opponent?**
  - → Change speed and direction, use pivots and create space.
- **What are the skill-related components of fitness and how do they apply to netball?**
  - → Agility, speed and reaction time help with quick movements, interceptions and shooting.

PICKLEBALL

- **How do I play aggressive forehand shots?**
  - → Swing forward, aim deep or cross-court.
- **How do I control the direction of the ball?**
  - → Change the angle of your paddle face.
- **How do I return the ball from both my left and right hand side?**
  - → Adjust footwork and body position.
- **How do I select whether to play a defensive or attacking shot?**
  - → Read the game, choose to reset (defend) or finish the point (attack).
- **How does my agility support my tactical play?**
  - → Quick movements help me get into the right position for better shots.

RUGBY

- **How do I tackle safely with accurate technique?**
  - → Use a low body position, wrap arms and drive through the tackle.
- **How do I use running angles to outwit my opponent?**
  - → Use sidesteps, change direction and attack space.
- **How do I advance up the pitch?**
  - → Use support lines, quick passes and run forward when space opens.
- **What are the skill-related components of fitness and how do they apply to rugby?**
  - → Strength for tackles, speed for breaks and endurance to last the game.

ATHLETICS

- **How do I throw and jump using my centre of mass to support my technique?**
  - → Use a strong base, swing through and follow through.
- **How do I develop more complex throws in javelin, shot and discus for distance (preparation focus)?**
  - → Use correct grip, build power and release at the right time.
- **How do we structure our relay team based on our strengths and weaknesses?**
  - → Put your fastest runners in key legs and match strengths to roles.
- **How do I adapt my skills for longer distances in track events?**
  - → Pace yourself, breathe steadily and keep good form.
- **How do I use my balance to improve my performance in athletics?**
  - → Strong core and balance help with power and control.

FOOTBALL

- **How do I use my body position to maintain control and possession of the ball?**
  - → Side on, knees bent, protect the ball.
- **How do I use the width effectively when attacking?**
  - → Spread out, use the space on the flanks and switch play.
- **What skills do I need in different positions?**
  - → Defenders: tackle, pass | Midfielders: pass, move, control Forwards: shoot, dribble, create space.
- **What are the skill-related components of fitness and how do they apply to football?**
  - → Agility, speed and endurance help with movement, pressing and staying effective.

TRAMPOLINING

- **How do I perform basic skills such as a straight jump, seat drop and swivel hips with control?**
  - → Use body tension, correct shape and land in control.
- **How do I perform a fluent routine?**
  - → Link skills smoothly with good timing and control.
- **How does flexibility influence my trampolining performance?**
  - → More flexibility helps me achieve better shapes and control.

ATHLETICS – JUMPS & FITNESS

- **How do I drive my knees, hips and arms to achieve more powerful long and high jumps?**
  - → Use a strong run-up, drive upwards and extend fully.
- **How do I plan a long-distance run to best suit me?**
  - → Set a steady pace, start controlled and build into it.
- **How does co-ordination influence my athletic ability?**
  - → Good co-ordination improves your timing, balance and technique.

ROUNDERS / CRICKET

- **How do I field the ball in hard and fast to the basemen?**
  - → Aim at the stumps/baseman, use underarm throw.
- **How do I bowl effectively?**
  - → Use correct action, aim and vary your pace.
- **How do I back up my team-mates to ensure we field effectively?**
  - → Be ready behind the play and communicate.
- **What are the rules I need to play by?**
  - → No overarm throw, bowl from correct area, stay in position.
- **How does speed influence my gameplay?**
  - → Faster reactions help stop runs and take wickets.

BASKETBALL

- **How do I perform a lay-up shot under pressure?**
  - → Keep eyes on the target, use correct steps and finish strong.
- **How do we perform man and zonal marking strategies?**
  - → Man marking: stay with your player. Zonal marking: defend your area.
- **What are the skill-related components of fitness and how do they apply to basketball?**
  - → Agility, speed and stamina help with fast breaks, defence and maintaining intensity.

STRIKE / FIELD

- **How do I accurately use a short and long barrier?**
  - → Play late, watch the ball and place shots.
- **How do I develop basic throwing and catching skills?**
  - → Use two hands, soft hands and correct technique.
- **How do we manipulate the field depending on the batters' strengths and weaknesses?**
  - → Place fielders where they're weaker.
- **How do I retrieve the ball efficiently and why is this important?**
  - → Quick retrieval saves runs and keeps pressure on.
- **How does strength affect my fielding skills?**
  - → More strength helps with powerful throws and reaching balls.

SKILL-RELATED COMPONENTS OF FITNESS (Apply to all sports)

Agility	Balance	Co-ordination	Power	Reaction Time	Speed
Change direction quickly and easily.	Stay steady when stationary or moving.	Use body parts together smoothly.	Produce strength quickly.	React quickly to what's happening.	Move fast over a short distance.

HEALTH-RELATED COMPONENTS OF FITNESS

Cardiovascular Endurance	Muscular Endurance	Muscular Strength	Flexibility	Body Composition
Keeps heart and lungs healthy.	Muscles can work for longer.	Ability to lift heavy loads.	Move joints through a full range.	Healthy balance of muscle and fat.

REMEMBER!

- ✓ PRACTICE MAKES PROGRESS
- ✓ WORK TOGETHER
- ✓ STAY ACTIVE
- ✓ BE YOUR BEST

CORE PE
KNOWLEDGE ORGANISERS
Year 9

YEAR 10 PE KNOWLEDGE ORGANISER

SKILLS • KNOWLEDGE • UNDERSTANDING
FITNESS • TEAMWORK • SUCCESS

SKILLS AND TECHNIQUES

- How do I maintain the accuracy and fluency of advanced skills under pressure?

TACTICS AND STRATEGIES

- How do we adapt our tactics to match our strengths and weaknesses?

HEALTHY PARTICIPATION

- How does exercise benefit my mental and physical health?

FOOTBALL

- How do I play the ball into areas of the pitch which put the opponent under pressure?
- How do we use shape and movement to maintain possession of the ball?
- How do I train to improve my football related components of fitness?

NETBALL



- How do I refine running pass and the air?
- How do I switch between man to man and zone marking to prevent the other team scoring?
- How do I know if my fitness training is having a successful impact on my performance?

CREW EVENT FOOTBALL/NETBALL

- How do I use advanced skills to the teams advantage?
- How do we communicate to switch tactics and move between areas of the pitch/court efficiently?
- How could I improve my performance through fitness training?

COURT GAMES

HANDBALL

- How do I shoot powerfully with good technique?
- How do we perform set counter-attacking moves?
- How do I train to improve my handball performance?

BASKETBALL

- How do I perform a lay-up shot under pressure in a range of game related scenarios?
- How do we adapt our defensive strategy based on the opponent's performance?
- How do I train to improve my basketball related components of fitness?

INVASION & STRIKING GAMES

FOOTBALL

- How do I play the ball into particular areas of the pitch which put the opponent under pressure?
- How do we use shape and movement to maintain possession of the ball?
- How do I train to improve my football related components of fitness?

NETBALL

- How do I refine running pass and pivot in the air?
- How do I switch between man to man and zone marking to prevent the other team scoring?
- How do I know if my fitness training is having a successful impact on my performance?

RUGBY

- How do I maintain good technique at breakdown?
- How do we use the breakdown to our advantage?
- How do I train to improve my rugby related components of fitness?

PICKLEBALL

- How do I perform technically correct footwork for different shots and tactics?
- How do the skill related components of fitness, impact mpv my performance?
- How do I train the skill related components of fitness for pickleball?

SOFTBALL & ROUNDERS

- How do I disguise and refine my directional batting skills?
- How do we get multiple outs when fielding?
- How do I train for striking and fielding activities?

DANCE

- How do I improve the accuracy and precision of the set motif?
- How can I create my own routine to music using a range of chorographical devices?
- How do particular training methods influence my ability to dance?

TRAMPOLINING

- How do I perform technically correct front and back landings?
- How do I begin to sequence a fluent and complex routine?
- How are creative activities officiated?
- How can I effectively improve my flexibility?

CREW EVENT: DANCE

- How do I use different skills to create an effective motif?
- How can my choreography
- represent the theme of a song?
perform at my best?

OAA (OUTDOOR & ADVENTUROUS ACTIVITIES)

- How do I successfully use a map?
- How do I work as part of a team to solve complex problems?
- How do I improve my fitness for OAA activities?
- What OAA activities are available to me?

TEAMWORK
CHALLENGE
RESILIENCE
ADVENTURE

ATHLETICS

- How do I use momentum and centre of mass to refine my technique?
- How can I tactically run middle and long distance events in order to achieve the best possible time?
- How do I apply fitness training methods to gain atheltic-based physique adaptations?

KEY COMPONENTS OF FITNESS

CARDIOVASCULAR ENDURANCE
MUSCULAR STRENGTH
MUSCULAR ENDURANCE
SPEED
POWER
FLEXIBILITY
BALANCE
AGILITY & CO-ORDINATION

All components work together to improve performance and overall health.

PATHWAYS TO SUCCESS

- PRACTISE with purpose
- PLAN and prepare
- PERFORM with confidence
- REFLECT and learn
- IMPROVE every day
- WORK TOGETHER as a team
- STAY POSITIVE and enjoy PE!

EVERY LESSON COUNTS!

PE YEAR 9 KNOWLEDGE ORGANISER

BADMINTON



- How do I play defensive and attacking shots with consistency?
  → Keep rallies going, use deep, drop and smash shots.
- How do I choose the type of shot to play?
  → Think about your position, your opponent and the situation.
- What is the best position to hold on court?
  → Stay central, balanced and ready to move in all directions.
- How does my opponent's agility impact on my performance?
  → It affects how quickly they reach the shot and how much time I have.

NETBALL



- How do I play powerful and accurate passes into attacking positions?
  → Use strong, correct passes (chest, bounce, overhead).
- How do I organise a defensive tactic?
  → Use marking, intercepting, pressing or zonal defence.
- How do I read the game to make tactical decisions in order to outwit opponents?
  → Look for space, anticipate passes and communicate.
- How does my cardiovascular endurance influence my tactical decisions?
  → Good fitness means I can think clearly and make better decisions late in the game.

FOOTBALL



- How do I play the correct weight of pass depending upon the position of my team-mate?
  → Use short passes for close players, long passes for players in space.
- How do we control the width of the pitch as a defensive strategy?
  → Stay wide and compact to stop the opposition playing through us.
- How does my speed influence my decision making?
  → Speed gives me more time and space to make the right decision.



DANCE



- How do I perform a dance phrase accurately and with expression throughout a performance?
  → Use clear technique and facial expression throughout.
- How do I apply canon and unison in an interesting way to my performance?
  → Work with others to create timing and visual effects.
- How do different techniques change the mood of a dance?
  → Speed, levels, shapes and dynamics create different feelings.
- How does my core strength impact upon my dance performance?
  → A strong core improves balance, control and movement quality.

RUGBY



- How do I tackle with consistency during gameplay?
  → Low body position, wrap arms and drive through.
- How do I provide support at the breakdown?
  → Get there quickly, stay on feet and protect the ball.
- How do I read the game to make tactical decisions in order to outwit opponents?
  → Scan the pitch, communicate and make smart choices.
- How can I use the rules to my advantage?
  → Offside line, penalties and quick play can create opportunities.
- How does my muscular strength impact on my performance?
  → Strength helps with tackling, rucking and maintaining control.



BASKETBALL





- How do I drive to the basket and maintain good lay-up technique?
  → Attack the space, control your dribble and finish with a soft lay-up.
- How do I perform a fast break?
  → Move the ball quickly, support each other and finish at speed.
- How do I read the game to make tactical decisions in order to outwit opponents?
  → Look for gaps, create space and make the right pass or shot.
- How can I use the rules to my advantage?
  → Use travelling, double dribble and fouls to gain possession or points.
- How does my speed impact on my performance?
  → Speed helps me beat defenders, create space and score.

TABLE TENNIS



- How do we play forehand and backhand shots with consistent accuracy?
  → Use correct grip, stance and follow through.
- How do we vary the positioning of our shots to outwit the opponent?
  → Aim for wide, deep, short or angles to create openings.
- How does our footwork agility impact on our performance?
  → Quick, light footwork helps us get in good positions to hit each shot.

KEY POINTS TO SUPPORT YOUR LEARNING

- ✓ Practice regularly and with purpose
- ✓ Work hard, stay focused and give your best
- ✓ Work as a team, communicate and respect others
- ✓ Understand how fitness helps your performance
- ✓ Reflect, learn and aim to improve

PICKLEBALL



- How do I serve with consistency?
  → Use a smooth motion and aim deep into the service box.
- How do I adopt an attacking position on the court?
  → Move forward after serve, control the non-volley zone and stay ready.
- How does my agility impact on my performance?
  → Agility helps me react quickly and cover more of the court.

ATHLETICS

- How do I co-ordinate my arms, hips and knees to throw and jump with greater power?
  → Drive through using legs, swing arms and release at the right time.
- How do I combine the preparation and execution phases effectively?
  → Use a controlled run-up and powerful take-off/throw.
- How does developing my stride pattern improve my performance?
  → Longer, smoother strides increase speed and efficiency.
- What are my strengths and specialisms?
  → Identify what I do well (speed, strength, endurance, technique).
- How does muscular endurance and strength impact on my performance in different athletic events?
  → They help me maintain power, speed and technique for longer and perform better in events.



ROUNDERS / SOFTBALL

- How do I use a short barrier on the move to field a ball in quickly?
  → Get behind the ball, use short steps and a soft hands barrier.
- How can I better direct my hitting?
  → Aim into space, use good footwork and follow through.
- How do I choose where to field the ball based on the position of the runners?
  → Cut off runs and back up team-mates.
- How can I improve my tactical performance?
  → Communicate, support each other and think ahead.
- How does my speed affect my tactical decisions when batting?
  → Speed helps me reach bases and decide when to run or hold.



REMEMBER!

- ✓ PRACTICE MAKES PROGRESS
- ✓ WORK TOGETHER
- ✓ STAY ACTIVE
- ✓ BE YOUR BEST



SKILL-RELATED COMPONENTS OF FITNESS (Apply to all sports)

- **Agility** — Change direction quickly and easily
- **Balance** — Stay steady when stationary or moving
- **Co-ordination** — Use body parts together smoothly
- **Power** — Produce strength quickly.
- **Reaction Time** — React quickly to what's happening
- **Speed** — Move fast over a short distance

HEALTH-RELATED COMPONENTS OF FITNESS

- **Cardiovascular Endurance** — Keeps heart and lungs healthy.
- **Muscular Endurance** — Muscles can work for longer
- **Muscular Strength** — Ability to lift heavy loads.
- **Flexibility** — Move joints through a full range.
- **Body Composition** — Healthy balance of muscle and fat.

CORE PE
KNOWLEDGE ORGANISERS
Year 10

YEAR 10 PE KNOWLEDGE ORGANISER

SKILLS • KNOWLEDGE • UNDERSTANDING
FITNESS • TEAMWORK • SUCCESS

SKILLS AND TECHNIQUES

- How do I maintain the accuracy and fluency of advanced skills under pressure?

TACTICS AND STRATEGIES

- How do we adapt our tactics to match our strengths and weaknesses?

HEALTHY PARTICIPATION

- How does exercise benefit my mental and physical health?

FOOTBALL

- How do I play the ball into areas of the pitch which put the opponent under pressure?
- How do we use shape and movement to maintain possession of the ball?
- How do I train to improve my football related components of fitness?

NETBALL



- How do I refine running pass and the air?
- How do I switch between man to man and zone marking to prevent the other team scoring?
- How do I know if my fitness training is having a successful impact on my performance?

CREW EVENT FOOTBALL/NETBALL

- How do I use advanced skills to the teams advantage?
- How do we communicate to switch tactics and move between areas of the pitch/court efficiently?
- How could I improve my performance through fitness training?

COURT GAMES

HANDBALL

- How do I shoot powerfully with good technique?
- How do we perform set counter-attacking moves?
- How do I train to improve my handball performance?

BASKETBALL

- How do I perform a lay-up shot under pressure in a range of game related scenarios?
- How do we adapt our defensive strategy based on the opponent's performance?
- How do I train to improve my basketball related components of fitness?

INVASION & STRIKING GAMES

FOOTBALL

- How do I play the ball into particular areas of the pitch which put the opponent under pressure?
- How do we use shape and movement to maintain possession of the ball?
- How do I train to improve my football related components of fitness?

NETBALL

- How do I refine running pass and pivot in the air?
- How do I switch between man to man and zone marking to prevent the other team scoring?
- How do I know if my fitness training is having a successful impact on my performance?

RUGBY

- How do I maintain good technique at breakdown?
- How do we use the breakdown to our advantage?
- How do I train to improve my rugby related components of fitness?

PICKLEBALL

- How do I perform technically correct footwork for different shots and tactics?
- How do the skill related components of fitness, impact my performance?
- How do I train the skill related components of fitness for pickleball?

SOFTBALL & ROUNDERS

- How do I disguise and refine my directional batting skills?
- How do we get multiple outs when fielding?
- How do I train for striking and fielding activities?

DANCE

- How do I improve the accuracy and precision of the set motif?
- How can I create my own routine to music using a range of chorographical devices?
- How do particular training methods influence my ability to dance?

TRAMPOLINING

- How do I perform technically correct front and back landings?
- How do I begin to sequence a fluent and complex routine?
- How are creative activities officiated?
- How can I effectively improve my flexibility?

CREW EVENT: DANCE

- How do I use different skills to create an effective motif?
- How can my choreography represent the theme of a song?
- perform at my best?

OAA (OUTDOOR & ADVENTUROUS ACTIVITIES)

- How do I successfully use a map?
- How do I work as part of a team to solve complex problems?
- How do I improve my fitness for OAA activities?
- What OAA activities are available to me?

TEAMWORK
CHALLENGE
RESILIENCE
ADVENTURE

ATHLETICS

- How do I use momentum and centre of mass to refine my technique?
- How can I tactically run middle and long distance events in order to achieve the best possible time?
- How do I apply fitness training methods to gain atheltic-based physique adaptations?

KEY COMPONENTS OF FITNESS

CARDIOVASCULAR ENDURANCE
MUSCULAR STRENGTH
MUSCULAR ENDURANCE
SPEED
POWER
FLEXIBILITY
BALANCE
AGILITY & CO-ORDINATION

All components work together to improve performance and overall health.

PATHWAYS TO SUCCESS

- PRACTISE with purpose
- PLAN and prepare
- PERFORM with confidence
- REFLECT and learn
- IMPROVE every day
- WORK TOGETHER as a team
- STAY POSITIVE and enjoy PE!

EVERY LESSON COUNTS!

YEAR 10 PE KNOWLEDGE ORGANISER

KEY ANSWERS TO SUPPORT YOUR LEARNING

SKILLS AND TECHNIQUES

How do I maintain the accuracy and fluency of advanced skills under pressure?

- Stay calm and focused – control breathing and positive self-talk.
- Break skills into key parts and practise with high repetition.
- Use progressive pressure in practice (e.g. time limits, defenders, fatigue).
- Visualise success and learn from mistakes to refine technique.

TACTICS AND STRATEGIES

How do we adapt our tactics to match our strengths and weaknesses?

- Analyse our own team and the opposition.
- Play to our strengths and target their weaknesses.
- Use different formations, roles and strategies.
- Communicate, make quick decisions and adjust during the game.

HEALTHY PARTICIPATION

How does exercise benefit my mental and physical health?

- Physically: improves cardiovascular health, builds strength and endurance, helps maintain a healthy weight, stronger bones and muscles, better sleep.
- Mentally: reduces stress and anxiety, boosts mood and confidence, improves concentration and self-esteem.

INVASION & STRIKING GAMES

RUGBY

How do I maintain good technique at breakdown?

- Stay low, strong body position.
- Bind with a teammate.
- Drive forward with legs.

How do we use the breakdown to our advantage?

- Secure the ball quickly.
- Protect it and recycle with support players.
- Exploit space with quick passes.

How do I train to improve my rugby related components of fitness?

- Train strength, speed, endurance and agility.
- Use conditioning and contact drills.
- Build core strength for stability.

PICKLEBALL

How do I perform technically correct footwork for different shots and tactics?

- Stay light on feet, ready position.
- Move quickly and adjust to the ball.
- Use side steps, split step and recovery steps.

How do the skill related components of fitness, impact upon my performance?

- Agility helps react more shots.
- Power increases shot speed.
- Balance improves control and consistency.

How do I train the skill related components of fitness for pickleball?

- Agility ladder, cones drills and footwork.
- Strength exercises for power.
- Reaction and coordination drills.

OAA (OUTDOOR & ADVENTUROUS ACTIVITIES)

- How do I successfully use a map?
- Understand map symbols and keys.
- Orientate from map using features.
- Plan route and check position.
- How do I work as part of a team to solve complex problems?
- Share ideas and listen.
- Support and encourage each other.
- Make a plan together and follow it.
- How do I improve my fitness for
- Train with hills, circuits and core work.
- Practise in different terrain and conditions.

- What OAA activities are available to me?
- Orienteering, problem solving, canoeing, climbing, abseiling, caving, kayaking, hiking and cycling.

FOOTBALL

How do I play the ball into areas of the pitch which put the opponent under pressure?

- Play forward passes behind or between defenders.
- Use width to stretch the play and create space.
- Switch play quickly to exploit gaps.

How do we use shape and movement to maintain possession of the ball?

- Keep pjood shape – width, depth and players between the lines.
- Move off the ball to create space.
- Support the ball, offer passing options.
- Keep the ball moving quickly.

How do I train to improve my football related components of fitness?

- Use interval training to improve stamina.
- Speed and agility drills for quick bursts.
- Strength training for power and tackle strength.
- Small-sided games to improve game-related fitness.

NETBALL

How do I refine running pass and pivot in the air?

- Jump off one foot and land on the opposite foot.
- Pass in the air with arms extended and good accuracy.
- Keep eyes up, strong core and soft knees on landing.

How do I switch between man to man and zone marking to prevent the other team scoring?

- Man to man – track your player, stay close, deny the pass.
- Zone – cover your area, communicate and move as a unit.
- Decide which to use based on opposition and match situation.

How do I know if my fitness training is having a successful impact on my performance?

- Notice improvements in stamina, speed and recovery.
- Perform better in games and finish stronger.
- Track fitness tests (e.g. beep test, sprints) and compare results over time.

CREW EVENT: FOOTBALL/NETBALL

How do I use advanced skills to the team's advantage?

- Use skills at the right time to create space, keep possession or score.
- Be confident and support teammates.
- Make good decisions under pressure.

How do we communicate to switch tactics and move between areas efficiently?

- Use clear verbal and non-verbal communication.
- Call out information and use signals.
- Move together as a team to change shape and cover space.

How could I improve my performance through fitness training?

- Train regularly and set specific goals.
- Improve stamina, speed, strength and recovery.
- Use fitness training suited to the demands of the game.

COURT GAMES

HANDBALL

How do I shoot powerfully with good technique?

- Side on, non-throwing foot forward.
- Transfer weight, rotate hips and shoulders.
- Arm back, elbow high, follow through.

How do we perform set counter-attacking moves?

- Win the ball and pass quickly to a runner.
- Use planned moves and positions.
- Communicate and move forward together.

How do I train to improve my handball performance?

- Practise shooting, passing and footwork.
- Do strength and power exercises.
- Use small-sided games and drills.

BASKETBALL

How do I perform a lay-up shot under pressure in a range of game related scenarios?

- Attack the basket with speed and control.
- Take off from the correct foot.
- Use a soft touch off the backboard or high finish.
- Keep calm and focus.

How do we adapt our defensive strategy based upon the opponent's performance?

- Man to man – pressure the player and deny space.
- Zone – protect the basket and cover areas.
- Adjust based on their best players and tactics.

How do I train to improve my basketball related components of fitness?

- Train speed, agility, strength and endurance.
- Use interval runs, circuits and plyometrics.
- Play games to improve stamina and skills.

DANCE

How do I improve the accuracy and precision of the set motif?

- Practise with control and focus.
- Use counts and repetition.
- Get feedback and refine details.

How can I create my own routine to music using a range of chorographical devices?

- Use devices: unison, canon, contrast, repetition, levels, formation, pathway.
- Match movement to the mood and lyrics.

How do particular training methods influence my ability to dance?

- Strength training improves power.
- Flexibility training increases range of movement.
- Cardiovascular training improves stamina and performance.

TRAMPOLINING

How do I perform technically correct front and back landings?

- Land on the balls of your feet.
- Knees slightly bent, arms forwards for balance.

How do I begin to sequence a fluent and complex routine?

- Link skills smoothly.
- Use variety in direction, shape and difficulty.
- Plan and rehearse your routine.

How are creative activities officiated?

- Judges use criteria: difficulty, execution, composition, originality.
- Scores are given out of 10.

How can I effectively improve my flexibility?

- Dynamic stretches to warm up.
- Static stretches after activity.
- Regular flexibility training.

CREW EVENT: DANCE

How do I use different skills to create an effective motif?

- Combine actions, levels, directions and dynamics.
- Keep it clear, interesting and purposeful.

How can my choreography represent the theme of a song?

- Use movement to match mood, lyrics and rhythm.
- Choose appropriate style and dynamics.

How do I prepare myself to perform at my best?

- Practise and know your routine.
- Warm up body and mind.
- Stay positive and confident.

- How do I use momentum and centre of mass to refine my technique?
- How can I tactically run middle and long distance events in order to achieve the best possible time?
- How do I apply fitness training methods to gain athletic-based physique adaptations?

- How do I use momentum and centre of mass to refine my technique?
- How can I tactically run middle and long distance events in order to achieve the best possible time?
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KEY COMPONENTS OF FITNESS

CARDIOVASCULAR ENDURANCE	MUSCULAR STRENGTH	MUSCULAR ENDURANCE	SPEED	POWER	FLEXIBILITY	BALANCE	AGILITY & CO-ORDINATION
Ability of the heart, lungs and circulatory system to work efficiently.	Maximum force a muscle or group of muscles can produce.	Ability of muscles to sustain repeated contractions over time.	Ability to move quickly from one point to another.	Combination of strength and speed to produce force quickly.	Range of movement around a joint.	Ability to maintain stability when stationary or moving.	Ability to change direction and coordinate body movements.

Improving all components of fitness helps your performance, reduces injury risk and supports a healthy lifestyle.

PATHWAYS TO SUCCESS

- **PRACTISE** – Deliberate practice leads to improvement.
- **PLAN** – Understand the task, set goals and prepare.
- **PERFORM** – Give your best effort every time.
- **REFLECT** – Learn from feedback and your experience.
- **IMPROVE** – Make small changes to get better.
- **WORK TOGETHER** – Communicate, support and respect others.
- **STAY POSITIVE** – Have confidence, believe in yourself.

EVERY LESSON COUNTS!

CORE PE
KNOWLEDGE ORGANISERS
Year 11

YEAR 11 PE KNOWLEDGE ORGANISER

SKILLS • KNOWLEDGE • UNDERSTANDING
FITNESS • TEAMWORK • SUCCESS

BADMINTON

- How do I disguise different attacking shots in order to create greater space?
- How do I vary my shot selection in order to tire my opponent out?
- How does physical activity improve my mental health and well-being?
- How do I continue to take part in Badminton after I leave year 11?

PICKLEBALL

- How do I select shots and decide when to volley effectively?
- How do I employ my own gameplan based on the strengths and weaknesses of myself and my opponent?
- What other opportunities are open to me in sport other than being a performer?

CREW EVENT: BADMINTON/PICKLEBALL

- How do I use a combination of basic and advanced skills to perform at my best?
- How do I ensure the team are using the correct tactics?
- How can I be involved in competitive sport after year 11?

VOLLEYBALL

- How do I perform digs, sets and spikes with consistent accuracy?
- How do I know which shots I should take and which I should leave for others to take?
- What other opportunities are open to me in sport other than being a performer?
- How do I continue to take part in volleyball after I leave year 11?

OAA (OUTDOOR & ADVENTUROUS ACTIVITIES)

- How do I communicate clearly and confidently with others in pressured situations in order to lead successfully?
- How do I work as part of a team to solve complex problems?
- What OAA activities are available to me when I finish year 11?

TRAMPOLINING

- How do I perform a technically correct front somersault?
- How do I build a routine which would gain the highest combined form and tariff score?
- What other opportunities are open to me in sport other than being a performer?
- How does physical activity improve my social health?

CREW EVENT: VOLLEYBALL

- How do I use a combination of basic and advanced skills to perform at my best?
- How do I ensure the team are using the correct tactics?
- How can I be involved in competitive sport after year 11?

BEYOND YEAR 11: OPPORTUNITIES IN SPORT

PERFORMER	COACHING	OFFICIATING	VOLUNTEERING	CAREERS
Continue to compete and achieve your personal goals.	Inspire and develop others as a coach or leader.	Make fair decisions and keep sport running.	Support clubs and events behind the scenes.	Explore careers in sport, fitness, health, media and more!

THERE ARE MANY WAYS TO STAY INVOLVED IN SPORT FOR LIFE!

KEY TO SUCCESS

WORK HARD
Give 100% in every lesson and practice.

BE SMART
Make good decisions and learn from others.

WORK TOGETHER
Communicate, support and respect your team.

STAY POSITIVE
Believe in yourself and never give up!

REFLECT & IMPROVE
Review your performance and set goals to develop.

ENJOY & RESPECT
Enjoy PE and sport and respect everyone involved.

YEAR 11 PE KNOWLEDGE ORGANISER

KEY ANSWERS TO SUPPORT YOUR LEARNING

BADMINTON

- Use a range of shots (e.g. clear, drop, smash) to move your opponent around the court and create space.
- Vary your shot selection (speed, height, length, direction) to keep your opponent guessing and out of position.
- Physical activity improves mental health by reducing stress, boosting mood, improving sleep and increasing self-esteem.
- Continue to play socially and competitively, join clubs, take part in school teams and set personal goals to stay motivated.

PICKLEBALL

- Use controlled shots and aim for key areas of the court (e.g. wide, deep, to feet) to limit your opponent's options.
- Use your strengths (e.g. speed, accuracy, placement) and exploit your opponent's weaknesses.
- Other opportunities include practising different shots (dink, drive, lob), improving communication with a partner and adapting tactics based on the game situation.

CREW EVENT: BADMINTON/PICKLEBALL

- Combine basic skills (e.g. serving, returning, movement) with advanced skills (e.g. deception, angle, control) to perform at your best.
- Communicate clearly, use agreed tactics and play to each team member's strengths.
- Get involved by joining school teams, attending clubs and taking on roles (e.g. umpire, scorer) in competitions.

VOLLEYBALL

- Use correct techniques for digs, sets and spikes to keep the rally going and score points.
- Select the right shot for the situation (e.g. tip, roll shot, power hit) and leave the ball in a good position for your team.
- Opportunities include improving court awareness, communication and working as a team.
- Continue to play, support your team and challenge yourself to improve.

TRAMPOLINING

- Perform front somersaults with a tight body position, head neutral, and land with knees slightly bent for control.
- Build routines by linking skills smoothly with control, height and good landings. Include different skills and shapes to increase your score.
- Opportunities include trying new skills, improving consistency and creativity, and receiving feedback to progress.
- Physical activity improves social health by building friendships, confidence and teamwork.

OAA (OUTDOOR & ADVENTUROUS ACTIVITIES)

- Communicate clearly by listening, sharing ideas and using appropriate methods (e.g. verbal, gestures, signals, diagrams).
- In pressured situations, remain calm, listen to the team and make decisions based on the information available.
- Work as part of a team by taking on roles, supporting others and solving problems together.
- OAA activities include orienteering, problem solving, team challenges, low ropes and high ropes.
- Reflect on what you did well and what you can improve to become a better team member and leader.

BEYOND YEAR 11: OPPORTUNITIES IN SPORT

PERFORMER	COACHING	OFFICIATING	VOLUNTEERING	CAREERS
Compete in sport to achieve your personal best and reach your goals.	Develop your knowledge and help others improve as a coach.	Make fair decisions and ensure games are safe and respectful.	Support clubs and events in your community and develop new skills.	Explore careers in sport, fitness, health, media, coaching and many more!

There are many ways to stay involved in sport for life!

CREW EVENT: VOLLEYBALL

- Combine basic skills (e.g. passing, setting, attacking) with advanced skills (e.g. blocking, tactical play, communication) to perform at your best.
- Communicate clearly, use agreed tactics and play to each team member's strengths.
- Get involved in competitive sport after year 11 by joining clubs, volunteering or coaching.

KEY TO SUCCESS

WORK HARD
Give 100% in every lesson and practice.

BE SMART
Make good decisions and learn from others.

WORK TOGETHER
Communicate, support and respect your team.

STAY POSITIVE
Believe in yourself and never give up. A positive attitude leads to success.

REFLECT & IMPROVE
Review your performance and set goals to improve and achieve your best.

ENJOY & RESPECT
Enjoy PE and sport and respect everyone involved. Have fun and be kind.