KNOWLEDGE ORGANISER

PHYSICAL EDUCATION	SEQUENCING	YEAR 5/6

Cross curricular links	Key skills	Key Vocabulary/definitions
PSHE – Children learn about the importance of physical exercise and the impact this can have on our mental health	To be able to translate ideas from a stimulus into movement To demonstrate control, consistency and accuracy of movements To compose a sequence of movements creatively using space To confidently perform a sequence in front of a small group To tactically communicate with team members To keep momentum and poise when performing a jump, hop and skip jump	**Compose -** to create something **Sequence** – a particular order in which related things follow each other **Refine** – making minor changes to improve or clarify something **Improve** – adjusting something to make it better **Link** - to make a connection from one movement to another **Balance -** the ability to stay upright, steady and in control of your posture while undertaking a movement activity

Pictures/photos relevant to topic

Useful information

https://www.gonoodle.com/ - This is a digital exercise tool for children with a range of short activities.

https://www.teamgb.com/sport/gymnastics-artistic/6DEmTOCOFK7kUU4xmW44Tn - GB Men and Women's gymnastics team