



# Year 6 - Summer 1 - PE Knowledge Organiser

## What I already know...

In their previous cricket learning, the children have already learnt that striking into a space away from fielders will help you to score. They also know that, when catching, you need to track the ball to help you to catch it.

Children will be familiar with how leaning slightly forwards when running helps to increase your speed. The children also know that the speed of movement helps to create power.

## What I will learn...

### Cricket

- To know that a player is bowled out if the bowler bowls a ball that hits the wicket.
- To know that if the ball is caught by the bowler or fielder, the batter has been caught out.
- To know that a 'run out' is where the batter, when going for a run, falls short of the crease and the stumps are hit by the fielding team.
- To know that the wicket keeper can stump out the batter if the batter has moved beyond their crease/
- That LBW (leg before wicket) is when the ball hits the leg before the wicket when the ball is travelling in the direction of the wicket.

### Athletics

- To know that the main muscle groups used in running and throwing include arms (triceps, biceps), shoulders (deltoid) and legs (hamstrings, calves and quadriceps) and that you need to prepare these muscles before using them.
- To know that a run up builds speed and power and will enable you to jump further.

## Key Vocabulary

close catch	Having both hands relatively close to the body to catch, little fingers together.
deep catch	Catch a ball from height, thumbs together in front of head
stance	The body position taken
abide	Act in accordance to the rules
explosive	Produce force in a short space of time
pace	How fast you are running
release	The point at which you let go of an object
officiate	To be in charge of the rules



## Making a difference

By the end of their school journey, children will have developed a range of gross and fine motor skills that they are able to apply in a range of different sporting and physical contexts. Children will also have the opportunity to succeed and fail in a range of competitive situations (including individual and team sports), developing sporting etiquette, teamwork and strategies for coping with either outcome.

## P.E. skills

The children will learn that, to be successful cricketers, they will need the necessary skills to throw, catch and bowl under pressure. They will learn how to plan strategies and use tactics to improve their game. As athletes, the children will learn how to maintain a good pace. They will also learn the importance of perseverance and determination when running long distances.