



KS1 PE Knowledge Organiser

Year 1 Spring 1

Locomotion: Running

What I will learn (sticky knowledge)

I will be able to run applying the correct technique to ensure maximum speed. I can create a sequence of movements.

I will begin to understand where to run and why I need to run in games.

I can demonstrate fairness and empathy as I work with others.

What I should already know

I can show good control and co-ordination in large and small movements.

I can move confidently and safely in a range of ways,

What I will learn next

I can change speed and direction whilst running.

I can begin to apply and combine skills (to a game situation)

I have a good understanding of spatial awareness.

Key Vocabulary	Definition
Attacker	When we or our team are in possession of the ball or we are trying to avoid a defender to score a point. The aiming of the game for the attackers is to score as many points as possible
Defender	When we are not in possession of the ball or we are trying to tag an attacker. The aim of the game for the defenders is to prevent the opposition (attackers) from scoring.
Space	An open area on the pitch that is unoccupied by a defender. The attackers need to identify an open space to run into to avoid being tagged.
Acceleration	How quickly an athlete can increase their speed when running.
Speed	When you move all or part of the body as quickly as possible.

