



Knowledge Organiser - Year 6

PE- Sporting Icons



Raheem Sterling- Things to know...



Local
Link

- After moving from London at the age of 15, he attended Rainhill High School (about 5 minutes away).
- He was awarded the Premier Leagues Young Player of the Year in 2019.
- He has won the premier league with Manchester City three times.
- He is the face of the 'No Room for Racism Campaign after suffering racist abuse whilst playing for England..

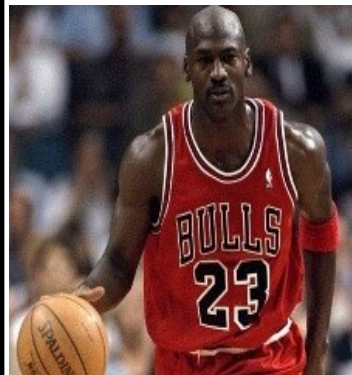


British
female
Athlete

Jessica Ennis-Hill- Things to know...

- She specialised in multi-events such as the heptathlon (running, jumping and throwing).
- She won gold in the heptathlon at London 2012.
- Ennis-Hill was appointed Dame Commander of the Order of the British Empire (DBE) in the 2017 New Year Honours for services to athletics.
- She was the poster-athlete for Team GB for the Olympic games in London.

Michael Jordan- Things to know...




Global
Superstar

- Michael Jordan is most well-known for being one of the greatest basketball players of all time.
- He Holds the Record for Career Regular Season and Playoff Scoring Average
- He is the Only Athlete Who is a Billionaire
- Michael Jordan led the Chicago Bulls to six National Basketball Association (NBA) championships





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 Cricket	
Barrier	Using a part of your body to stop the ball from moving away.
Consecutive	An unbroken sequence. This could describe multiple runs scored.
Consistent	An action done (usually successfully) in the same way, a number of times.
Continuous	Continuing an action without interruption.
Retrieve	Collecting the ball from its position.

 Football	
Accelerate	To begin moving more quickly.
Conceding	To have a goal scored against you.
Intercept	To stop a pass or shot from reaching its target.
Prevent	To stop an action from happening.
Protect	To keep the ball or your goal safe from the opponent.
Tactic	A specific strategy or action to achieve a specific goal.

 Athletics	
Co-ordination	The organisation of the different body parts to perform certain and precise movements.
Fluency	The flow of the movement from start to finish.
Force	The power which you put into a movement in a certain direction.
Officiate	To be in charge of. This could be refereeing or measuring.
Stability	The ability to remain balanced in a range of situations.
Stride	The length of the steps you take to determine the speed of your run.

 Gymnastics	
Asymmetrical	A body shape which is different on each side of the body.
Canon	When the same body shapes are performed by more than one person, one after the other.
Counterbalance	Creating a balance using a pushing force.
Countertension	Creating a balance using a pulling force.
Invert	Upside down or in an opposite position.
Unison	Identical movement performed at the same time as a partner(s).

 Tennis	
Accuracy	A measure of how close you are to hitting your target.
Advantage	Being in a more favourable position than your opponent.
Cooperative	Working together towards a common goal.
Continuous	Continuing an action without interruption.
Control	The ability to manage the movements of your body.
Consecutive	An unbroken sequence.

 Dance	
Dynamics	The way in which the movement is executed.
Formation	The way in which performers are situated on the stage.
Gesture	A movement of part of the body which is not touching the floor.
Motif	The theme of the dance being performed.
Phrase	A short part of the dance that represent the beginning and end.
stimulus	The 'reason' for the dance (music, images, feelings or themes).