



KNOWLEDGE ORGANISERS

Your knowledge organiser is designed to help you learn a range of knowledge and help you to be prepared for your lessons at Ivanhoe.

When using your Knowledge Organiser remember: **Look / cover / write / check / correct**

Question	FOLD V HERE	Answer
What does PE stand for?		Physical Education.
Why is PE on my curriculum?		We believe ALL young people will go on a journey of Social, Emotional and Physical development that will improve their wellbeing and ability to be active
What are the 3 ME's in PE		Social ME Emotional ME Physical ME
What is someone's Physical ME?		Physical ME is enhancing the physical skills and knowledge needed to maintain a healthy body and a healthy lifestyle.
What is a someone's Social ME?		Social ME is about developing the positive attitudes and behaviours of considerate and responsible people
What is a someone's Emotional ME?		Emotional ME is about inspiring good emotional and psychological health and well-being to last a lifetime.
How will a student know what they are working on?		At the start of each lesson the teacher will set three Learning Objectives. One each for each of the different ME's; Physical, Social and Emotional.
What happens in a lesson?		Different sports and activities are used as the vehicle to develop someone's three ME's.
What sports and activities do students take part in?		Sports and activities could include; Swimming, Dodgeball, Flag football, Basketball, Netball, Football, Rugby, Boxercise, Dance, Handball, Hockey, Gymnastics, Badminton, Cricket, Tennis, Athletics, Fitness, Orienteering, Golf.
Are there any extra-curricular clubs?		Yes, there are extra-curricular clubs in pretty much every sport. Teachers will put the information on Moodle when they start or speak to a member of the PE staff to find out more.