



## PE - Knowledge Organiser

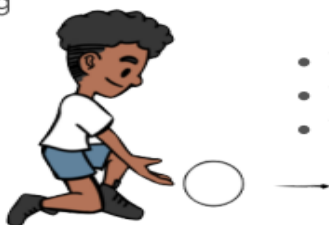
### YEAR 1 – Ball Skills

#### Links to the PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

#### Key Skills: Physical


- Rolling
- Kicking
- Throwing
- Catching
- Bouncing
- Dribbling
- Tracking



#### Key Skills: S.E.T

- Social: Co-operation
- Social: Communication
- Social: Leadership
- Social: Supporting others
- Emotional: Honesty
- Emotional: Perseverance
- Emotional: Challenging myself
- Thinking: Using tactics
- Thinking: Exploring actions
- Thinking: Comprehension

#### Examples of games that use ball skills



Target Games	Invasion	Striking & Fielding	Net & Wall
Boules Boccia New Age Kurling Dodgeball	Netball Football Tag Rugby Handball Basketball	Rounders Cricket Baseball	Tennis Volleyball Badminton

#### Key Vocabulary:

- far
- aim
- safely
- throw
- send
- roll
- catch
- direction
- balance

#### Powerful Knowledge

**Dribble:** To move the ball using your feet or your hands.

**Track:** To track is when a player moves their body to get in line with a ball that is coming towards them.

**Send:** To pass to someone with using either your feet or hands.

**Receive:** To collect or stop a ball that is sent to you using either your hands or feet.