



PE Knowledge Organiser

Year 1: Autumn Term

Ball Skills

Key Knowledge and Skills:

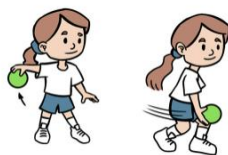
Dribble a ball with your hands:

- Use soft touches with your hands.
- Use wide fingers to move the ball.



Rolling a ball:

- Keep eyes on the target.
- Release the ball when fingers are pointing at the target.
- Use wide fingers to control the ball.



Throwing a ball towards a target:

- Face your body and target arm towards the target.
- Release the ball when fingers are pointing at the target.
- Stand with your legs split (one in front of the other)



Catching with 2 hands:

- Keep your eyes on the ball.
- Use a ready position with knees bent, feet shoulder width apart, on your toes.
- Use wide fingers with little fingers together.



Dribbling a ball with feet:

- Keep the ball close to you.
- Keep your head up.
- Use both feet to move the ball.
- Use different parts of your foot (sole, toe, heel, inside, outside)



Key Vocabulary:

Vocabulary:	Definition:
track	Watch carefully.
control	Keep the ball with you.
dribble	Move the ball forwards.
roll	Move the ball along the floor.
throw	Move the ball through the air.

Tracking a ball:

- Move your body so you are in line with the ball.
- Keep your eyes on the ball.

