



Knowledge Organiser

Year 1

Sending and Receiving

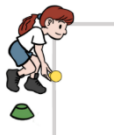
Spring Term

Key Knowledge and Skills

Learn, practise and perform these skills

Rolling and throwing a ball towards a target:

- Bend down low, opposite foot to the arm you released
- Step forward
- Finish with your hand where you want the ball to go

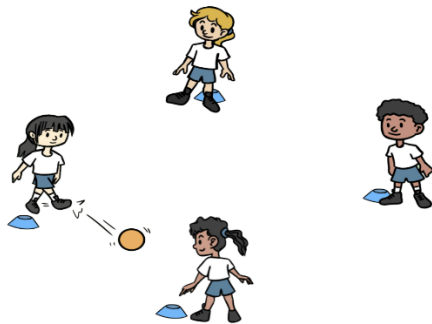


Receiving and tracking a rolling ball:

- Check the receiver is looking at you
- Move from the ready position to track the ball
- Get your body behind it by moving your feet

Sending and receiving a ball with your feet:

- Non-kicking foot next to the ball
- Kick using the inside of your foot
- Watch the ball as it comes towards you
- Place your foot behind the ball to cushion it or place your foot on top of the ball



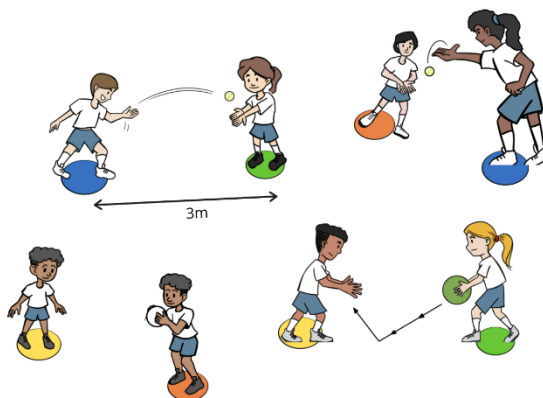
Throwing and Catching:

Underarm

Overarm

Chest Pass

Bounce Pass



- Check the receiver is looking at you before passing
- If they are not looking, call their name
- Use two hands and wide fingers to catch
- Watch the ball as it comes towards you

Key Vocabulary

Understand these key words

Vocabulary	Definition
Sending	Giving the ball away to another person.
Receiving	Catching the ball that has been thrown or rolled.
Overarm	Throwing an object above your shoulder.
Underarm	Throwing an object below shoulder level.
Persevere	When you keep on trying and having a go.
Rolling	When an object rolls along the ground.
Catching	When an object has been thrown and you collect it with both hands.