



PE Knowledge Organiser

Year 1: Spring Term

Attacking & Defending/Invasion

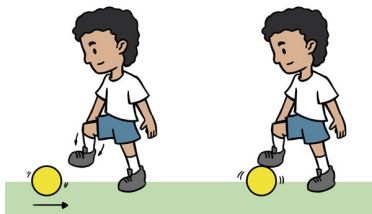
Key Knowledge and Skills:

What are invasion games?

Games where there are two teams and two goals. Teams try to score in the opposite team's goal e.g. football, rugby, netball, basketball, hockey.

Moving with a ball:

- Use soft touches to keep the ball close.
- Stop the ball by resting one foot lightly on top.



Passing the ball:

- Place your non-kicking foot to the side of the ball.
- Look up to see your target.
- Using the inside of the foot, kick through the centre of the ball.
- When receiving the ball, stop it by placing your foot gently on top.



Dribbling the ball:

- Bounce the ball using two hands
- Bounce the ball with one hand
- Dribble the ball with one hand whilst walking
- Dribble the ball with one hand whilst jogging

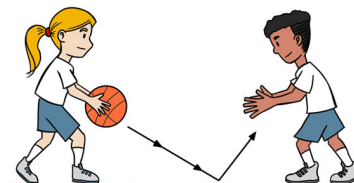


Remember to:

- Call to your teammate when you are free.
- Look out for defenders and move into space towards your goal.
- Stand sideways so that you can see your attacker and the ball.
- Stay close to your attacker using quick changes of direction.

Key Vocabulary:

Vocabulary:	Definition:
Attacker	A player who is moving forward with the ball.
Defender	A player who is trying to stop the attacker from scoring.
Aim	Look carefully at where you want the ball to go.
Target	The place you want to send the ball.
Tracking	Follow the ball with your eyes as it moves.
Dribbling	Moving the ball using short bounces, hits or kicks.



Bounce pass

Chest pass

