



PE Knowledge Organiser

Year 1: Summer Term

Striking & Fielding

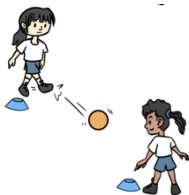
Key Knowledge and Skills:

Rolling and ball towards a target:

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

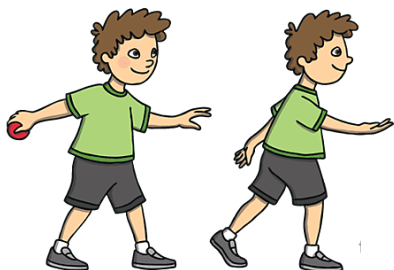
Receiving a rolling ball:

- Check the receiver is looking at you before passing.
- Move from the ready position to track the ball.
- Watch the ball and get your body behind it by moving your feet as it comes towards you.



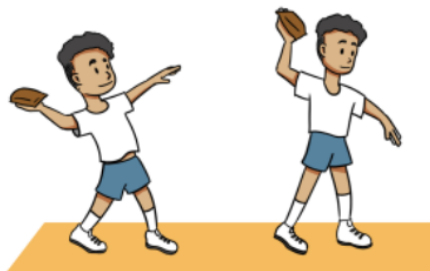
Sending the ball using my feet:

- Place your non-kicking foot next to the ball.
- Kick using the inside of your foot.
- Receive the ball with any part of your foot and then control it by placing one foot gently on top.



Underarm Throw

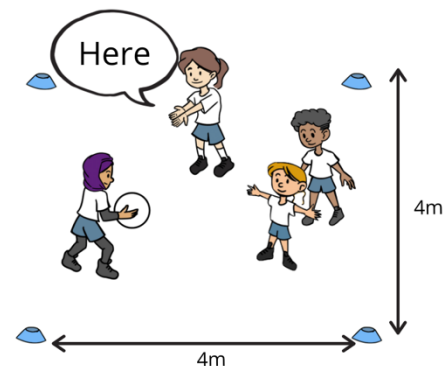
Overarm Throw



Key Vocabulary:

Vocabulary:	Definition:
Throw	Move the ball to another position.
Catch	Receive the ball in your hands.
Strike	Hit the ball with equipment or your hand.
Field	Find space around the pitch ready to catch the ball.
Score	Get a point in the game.

Small sided attacking and defending games:



- After you have passed the ball move to a new space.
- Send the ball into space away from fielders.