

# PHYSICAL EDUCATION KNOWLEDGE ORGANISER

## KS1 Games activities

### I will learn...

#### HANDS

to travel in different directions at varying speeds, maintaining control when changing direction.  
 how to throw equipment in different ways accurately / for distance using hands.  
 to catch, throw & bounce with a partner & in games.  
 how to control a ball.  
 to develop my bouncing & dribbling skills with a ball in different ways using hands, feet, hockey stick in practises & mini games.  
 to play in mini game activities (2 v 1, 2 v 2, 3 v 1)  
 basic techniques of maintaining possession & finding space.  
 how to position my body when striking/hitting and learn to be in control when striking.

#### HEAD

to consider the best pass to use to be accurate & for distance (using hands, feet and equipment.)  
 to think about the best space to get into in games.  
 to start thinking about 'attacking' & invading a space.  
 to watch & describe performances & try to improve my own performance.  
 to remember how to execute a skill.

#### ♥ HEART

to move around safely at all times and follow instructions.  
 how to share equipment fairly with others.  
 to listen to others when planning group work and watch others when they are performing to the class.  
 to compete against myself and others.  
 to challenge myself to improve skills and practise new ones.  
 to participate in & explain reasons for why we warm.  
 to talk about the need to stay healthy.  
 to compare how my body feels before & during exercise.  
 to be determined to try more difficult skills & be confident to ask for help.

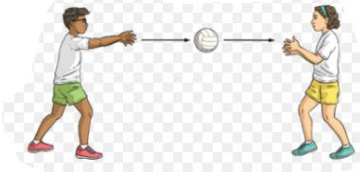
**Key questions:** How many ways can you think of to travel? How do you make your body suddenly speed up? What was easier to throw & catch - bean bag or hoop? What is the best way to throw a ball as far as you can? What is the best way to catch a ball? What did you do to try to stop the other players passing the ball to each other? How can you work with a partner to score a goal? How did you stop another player from trying to score?

#### Key vocabulary:

**Travel** – move the body from one place to another with or without a ball.  
**Pass** – send a ball to a team mate using hands, feet or a piece of equipment.  
**Dribble** – travel whilst moving a ball with hands, feet or a hockey stick.  
**Strike** – hit a ball bowled by an opponent using a bat / racket.  
**Catch** – receive a ball passed by another player with your hands.  
**Space** – an area that a player moves into to get away from a defender / opponent.  
**Possession** – having control of a ball and try not to let an opponent take ball from you.  
**Hand-eye co-ordination** – perform skills that require eyes and hands to be used at the same time.  
**Accurate** – a ball is passed & goes to the place / player that it is intended to.  
**Attack** – move into an opponent's area to try to score.  
**Compete** – to take part in a contest against / try to beat an opponent.  
**Healthy** – when the body or mind are in good condition and complete well-being  
**Warm-up** – prepare the body for exercise with gentle actions and stretching.  
**Exercise** – activity using the body that maintains or improves fitness.



Pass



Catch / receive



Dribble



Strike



Attack