

# PHYSICAL EDUCATION KNOWLEDGE ORGANISER

## UKS2 Games activities

### I will learn...

#### HANDS

to receive a ball by catching / controlling and improves doing so when under pressure in a game.  
 the best pass to use in a game, especially when on the move.  
 to dribble in a game and keep possession using hands / feet / hockey stick.  
 to dodge an opponent & move into space to receive a ball  
 different defending techniques to win back & keep possession of a ball.  
 to execute good hand-eye co-ordination when hitting a ball.  
 to hit a bowled ball in different directions.

#### HEAD

to choose how, when & where to send a ball in a game.  
 to decide how to deceive an opponent.  
 how to communicate with teammates in a game.  
 to anticipate where a ball is going to try to intercept a pass.  
 how to plan with teammates to prevent another team from scoring.

#### HEART

to show what it means to be safe and follow all instructions.  
 to work effectively as part of a team.  
 to accept decisions and results in games.  
 to compare my performance to my own previous efforts & also to those of others.  
 to take on the challenge of more advanced skills and tactics.  
 how to lead different parts of a warm up.  
 why exercise is good for my health and well-being.

**Key questions:** How did you decide which pass to use? Do you know when to move to intercept a pass? How do you work together to invade an opponents' playing area? What are the different parts of a warm-up? Why is exercise important to keep you healthy?

#### Key vocabulary:

**Attacking** – a team work together to keep possession of a ball to invade and score in their opponents area / goal.  
**Defending** – a team work together to try to take possession of a ball from their opponents and to prevent them from scoring in their area / goal.  
**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.  
**Communicate** – talking to team mates before during and after a game / practice.  
**Tactics** – a plan made with team mates to try to win a game.  
**Anticipate** – predict where a ball might be sent or where an opponent might move to in a game.  
**Hand-eye co-ordination** – perform skills that require eyes and hands to be used at the same time.  
**Evaluate** – Receive or give feedback to self / others that makes a judgement on the strengths and weaknesses of a performance.  
**Improve** – Use judgements to make execution of skills or the performance in a game better.

#### Defend



#### Attack



Hand-eye co-ordination



Co-operation