




PHYSICAL EDUCATION KNOWLEDGE ORGANISER

LKS2 Games activities

I will learn...

HANDS 
<p>to have control when catching & receiving a ball.</p> <p>the best way to pass a ball.</p> <p>to move with improving agility & co-ordination during practises and games.</p> <p>to dribble with a ball with some control in different ways using hands, feet and a hockey stick.</p> <p>to play in mini game activities (2 v 1, 2 v 2, 3 v 1) & show I understand how to keep possession of a ball.</p> <p>how to stop a ball from travelling past me.</p> <p>how to strike a ball for distance.</p>
HEAD 
<p>to explore getting into a space during a game & to communicate with teammates.</p> <p>to think about 'attacking' & invading a space.</p> <p>how to describe performances & try to use what is seen to try to improve own performance.</p>
HEART 
<p>to be safe at all times and follow instructions.</p> <p>to work on my own and with larger groups of peers.</p> <p>to share ideas with and listen to others.</p> <p>to compare my performance with others.</p> <p>to explain reasons for a warm up.</p> <p>why exercise is good for my health & how it effects my body.</p> <p>to show determination when challenged with harder or new skills.</p>

Key vocabulary:

Receive – the ball is obtained from a pass or interception and controlled so it is ready to be passed or dribbled.

Agility – moving and changing direction quickly without losing balance.

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.

Space – an area that a player moves into to get away from a defender / opponent.

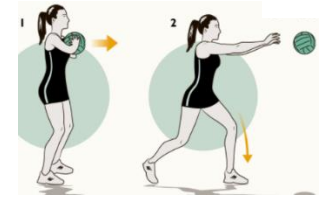
Invade – enter an opposing team's half of a playing area to try to score.

Hand-eye co-ordination – perform skills that require eyes and hands to be used at the same time.

Compare – think about differences and similarities between performances.

Exercise – activity using the body that maintains or improves fitness.

Chest pass



Bounce pass



Shoulder pass



Dribble



Field



Key questions: What is the best way to catch a ball? How many different ways can you pass a ball? What is dribbling? What does it mean to keep possession of the ball? How can you stop a ball? What changes happen in your body when you exercise?



Invade



Catch / receive



Strike