



# PE - Knowledge Organiser

## Year 1 – Sending and Receiving – Summer 1



### Links to the PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

### Examples of games that use sending and receiving skills

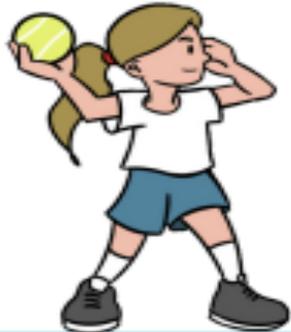
| Target Games    | Net & Wall | Striking & Fielding | Invasion   |
|-----------------|------------|---------------------|------------|
| Golf            | Tennis     | Rounders            | Hockey     |
| Boules          | Volleyball | Cricket             | Netball    |
| Boccia          | Badminton  | Baseball            | Football   |
| New Age Kurling |            |                     | Tag Rugby  |
| Dodgeball       |            |                     | Handball   |
|                 |            |                     | Basketball |

### Key Skills: Physical

- Physical: Rolling
- Physical: Kicking
- Physical: Throwing
- Physical: Catching
- Physical: Tracking

### Key Skills: S.E.T

- Social: Taking turns
- Social: Supporting and encouraging others
- Social: Respect
- Social: Communication
- Emotional: Challenging myself
- Emotional: Perseverance
- Emotional: Honesty
- Emotional: Being happy to succeed
- Thinking: Transferring skills



### Key Vocabulary:

- aim
- throw
- roll
- kick
- catch
- safely
- racket

### Powerful Knowledge

- Track:** To track is when a player moves their body to get in line with a ball that is coming towards them.
- Send:** To pass to someone using either your hands, feet or an object.
- Receive:** To collect or stop a ball that is sent to you using either your hands, feet or an object.

