

Year 1  
Autumn 1

Manor Leas Infant School Knowledge Organiser

Physical Education

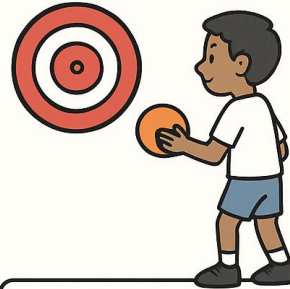
Ball Skills



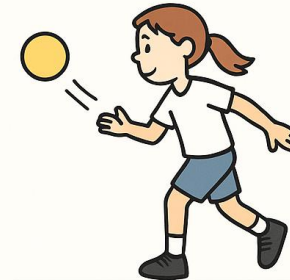
Star Words	Definition
Aim	To look carefully at where I want the ball to go.
Far	A long way from me.
Safely	Moving or playing without hurting myself or others.
Direction	The way I choose to move or send the ball.
Send	To roll, throw or kick the ball to someone or somewhere.
Balance	Keeping my body steady so I don't wobble or fall.

### Sticky Knowledge

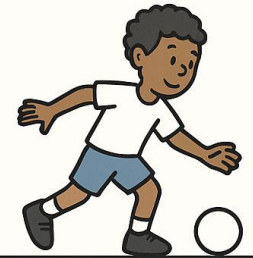
Children will learn to roll, throw, catch, kick and dribble a ball with more control. They will begin to aim accurately at a target, move into space, and work with a partner to send and receive.



To face my body towards the target



To watch the ball carefully



To move my feet to get in line with the ball

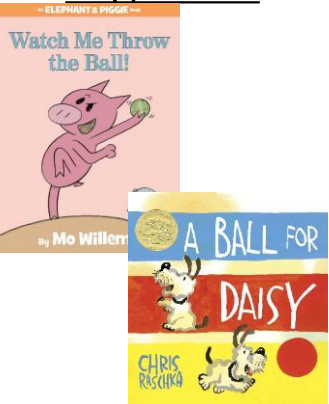


That finding space helps me and others to play safely



That moving with a ball is called dribbling.

### Helpful Books



### Home Learning Ideas

#### Bottle Skittles

**What you need:** plastic bottles, a pair of socks, 1 or more players

**How to play:**

- Use empty plastic bottles as skittles. Set them up approx. 5m away.
- Use a pair of socks rolled into a ball and try to hit as many skittles as possible down.

Playing with more people?  
See how many throws it takes each player to knock down all of the skittles.

[www.getset4education.co.uk](http://www.getset4education.co.uk)

### Helpful Websites

Head to the youtube channel to watch the skills videos for this unit.

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