

Year 1
Spring 1

Manor Leas Infant School Knowledge Organiser

Physical Education

Sending and Receiving



Star Words	Definition
Ready position	Standing ready to receive the ball.
Target	Something you aim the ball towards.
Track	To watch the ball as it moves
Control	Keeping the ball steady and accurate
Racket	A piece of equipment used to hit a ball.

Sticky Knowledge

When we talk about sending a ball, we mean throwing, kicking or hitting it to someone else. Receiving a ball is like catching it or stopping it when it comes to you. So, when your friend sends the ball your way, you use your hands, feet or racket to catch it or stop it from rolling away. It's like giving the ball a gentle hug when it comes to you.



I can roll a ball towards a target.
Face the target. Push the ball along the floor.



I can track and stop a rolling ball.
Watch the ball carefully. Move your body to stop it.



I can send and receive a ball using my feet.
Look at the ball. Use the inside of your foot.



I can catch a ball using two hands.
Watch the ball. Use two hands. Pull the ball into your body.

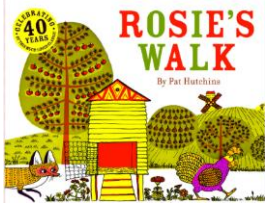


I can throw and catch a ball with control.
Step towards your partner and throw forwards.



I can send and receive a ball using a racket.
Watch the ball. Use the centre of the racket.

Helpful Books



Home Learning Ideas

Plane in Flight

What you need: a sheet of newspaper, an A4 sheet of paper, a pen, masking tape, scissors, an adult to help you cut.

How to play:

- Draw circles of different sizes on the sheet of newspaper.
- Ask an adult to help you cut them out.
- Make a paper aeroplane with the A4 paper (have fun finding how to make this on the internet).
- Tape your newspaper so that it hangs in a doorway and name each of the holes after a country.
- Stand 5m away and throw your aeroplane so that it travels through every country.

www.getset4education.co.uk

Helpful Websites

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

@getset4education136