

Year 2
Spring 1

Manor Leas Infant School Knowledge Organiser

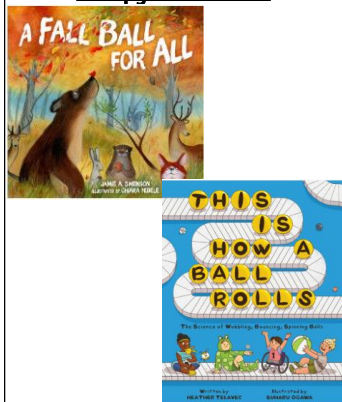
Physical Education

Sending and Receiving



Star Words	Definition
Accuracy	Sending the ball where you want it to go.
Distance	How far the ball travels.
Power	How hard you send the ball.
Space	An area to move into safely.
Receive	To get the ball from a partner.

Helpful Books



Home Learning Ideas

Complete the Clock

What you need: twelve markers, one ball

How to play:

- Create a circle with the markers. Identify where the numbers would be if it was a clock.
- Kick your ball through each of the gaps.
- Repeat, this time once through 1 o'clock, twice through 2 o'clock, all the way to twelve times through 12 o'clock.

Make this harder by asking someone to time you. How quickly you can complete the clock?

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Sticky Knowledge

Sending and receiving skills are important because they can be used in lots of other games. Learning these skills also helps your eyes, hands and feet work together. This makes your brain smarter because it has to think about where the ball is and how to make your body do what you want. You can always improve your sending and receiving skills with practice.



I can roll and throw a ball accurately towards a target.
Aim carefully at the target. Adjust your power to reach it.



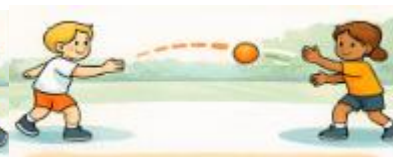
I can track and receive a rolling ball.
Watch the ball all the way. Move your feet to get in line with it.



I can send and receive a ball using my feet with control.
Use the inside of your foot for control. Move into space to receive the ball.



I can throw and catch over a short distance.
Use two hands to catch. Cushion the ball into your body.



I can throw and catch over a longer distance.
Step towards your partner. Throw with more power but stay accurate.



I can apply sending and receiving skills in small games.
Choose the best send for the game. Move into space to receive.

Helpful Websites

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

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