

EYFS
Spring 1

Manor Leas Infant School Knowledge Organiser

Physical Education

Sending and Receiving



Star Words	Definition
Roll	Move the ball along the floor.
Target	Something you aim the ball towards.
Throw	Send the ball forwards using your hands.
Catch	Stop and hold the ball using hands.
Kick	Send the ball using your feet.

Sticky Knowledge

Children will learn how to roll, stop, throw, catch, kick and dribble a ball. They will practise keeping the ball close for control, aiming at a target, and working with a partner safely in space.



I roll the ball to a partner or a target.

Look at where you are rolling the ball. Push the ball along the floor.



I can stop and collect a rolling ball.
Watch the ball. Use your hands to stop it.



I can kick a ball forwards.
Look at the ball. Kick the ball forwards.



I can throw a ball forwards.
Hold the ball with two hands. Throw forwards.

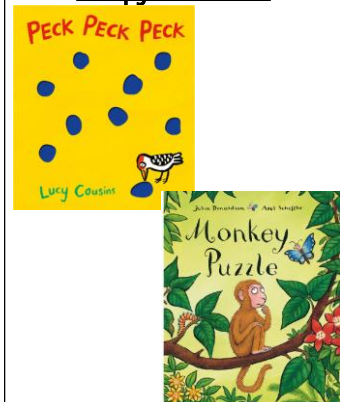


I can try to catch a ball.
Look at the ball. Hold your hands out ready to catch the ball.

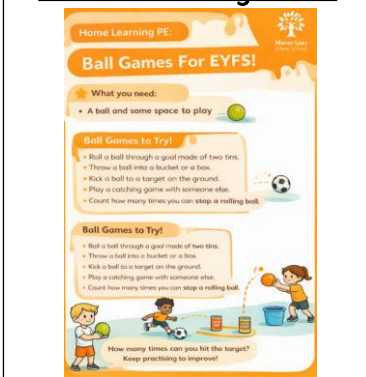


I can play safely using space.
Keep in a space away from others.

Helpful Books



Home Learning Ideas



Helpful Websites

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

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