

Year 1
Spring 2

Manor Leas Infant School Knowledge Organiser

Physical Education

Target Games



Star Words	Definition
Target	Something you are trying to hit.
Aim	Looking carefully at where you want the ball to go.
Underarm	Throwing with your hand moving from low to high.
Overarm	Throwing with your hand moving from high to low.
Score	Getting points when you hit a target.

Helpful Books



Home Learning Ideas

Socks in Pots!

What you need: three pairs of socks and three or more pots or pans.

How to play:

- Place pots or pans at different distances away.
- Start behind a start line.
- Score one point for each pair of socks you throw that land in a pot or pan.
- Make this harder by labelling each pot or pan with a different number of points and seeing how many points you can score.
- Play with more people by seeing who can score the most points. The first person to ten points is the winner.

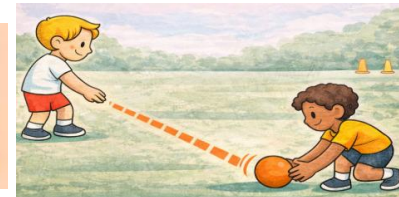
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Sticky Knowledge

Target games are games where players send an object towards a target. In this unit, pupils practise underarm and overarm throwing and learn to choose the best throw depending on the size and distance of the target. They will work individually, with a partner and in small groups to score points, follow rules and use simple tactics while playing safely and respectfully.



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 and hands 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 throw a ball underarm towards a target.
Step forward with your opposite foot. Point your hand at the target.



I can throw a ball overarm towards a target.
Lift your elbow high. Step forward with your opposite foot.



I can choose the best way to hit the target.
Use an underarm throw for accuracy. Use an overarm throw for distance.

Helpful Websites

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

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