

EYFS  
Spring 2

Manor Leas Infant School Knowledge Organiser

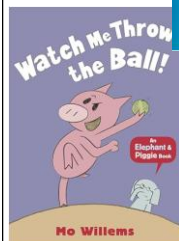
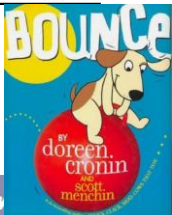
Physical Education

Target Games



Star Words	Definition
Target	Something you are trying to hit.
Aim	Looking carefully at where you want the ball to go.
Throw	Send the ball using your hands.
Roll	Send the ball along the floor.
Kick	Send the ball using your feet.

### Helpful Books



### Home Learning Ideas



### Sticky Knowledge

In target games, children learn to send an object towards a target. They will practise kicking, rolling and throwing a ball to hit a target. Children will learn to aim carefully, use the right amount of power and begin to follow simple rules. They will also learn to take turns and play safely using space.

Kick a ball at a target



I can kick a ball at a target.  
Step forward with the opposite foot. Kick the ball to make it roll.

Roll a ball to a large target



I can roll a ball to a large target.  
Look at where you are rolling a ball. Push the ball along the floor.

Throw a ball underarm to a close target



I can throw a ball underarm to a close target.  
Look at the target. Swing your arm under when you throw.

Try to catch a ball when it is rolled to me



I can try to catch a ball when it is rolled to me.  
Keep your feet apart and your hands out. Watch the ball as you catch it.

I can take turns and play by the rules



I can take turns and play by the rules.  
Wait for your turn. Remember to play safely.

Try to throw a ball overarm for distance



I can try to throw a ball overarm for distance.  
Look at the target. Swing your arm back to throw overarm.

### Helpful Websites

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

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