



Physical Education

Knowledge Organiser

Year 1 Games

National Curriculum links: To participate in team games, developing simple tactics for attacking and defending

To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Key values and vocabulary	Learning	Breakdown of skills/success criteria
<u>Values</u> - Respect - Co-operation - Teamwork <u>Vocabulary</u> - striking - fielding - travelling - scoring - attacker - defender	Previous learning	<u>Aim and success criteria of games for year 1</u> - Children will develop basic game-playing skills, in particular the FMS of throwing and catching. - They will play games based on net games and striking and fielding games. - They will also have an opportunity to play one against one, one against two and one against three.
	Year 1 learning	<u>Skills breakdown for games</u> Running - Definite flight phase - Stride length at max - Complete extension of support leg - Arms bent at 90 degrees and swing back and forwards in opposition to legs - Non-support knee bends 90 degrees Throwing (overarm) - Arm is swung backward in preparation - Opposite arm is raised for balance/direction - Weight transfers from back foot to front foot, with a step with foot opposite to throwing arm. - Definite turning of the body through legs, hips and shoulders.
	Future learning	Rolling a ball - Opposite foot to arm forward - Ball held in opposite hand to forward foot - Distinct knee bend - Forward swing transferring weight from rear to front
Key knowledge	Future learning	
Children need to learn how to use simple tactics i.e. pretend to throw one way	In year 2, children will perform fundamental movement skills at a developing level and start to master some basic movements in;	

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than throw the other or looking one way and rolling/throwing the other.

- Travelling skills
- Sending skills
- Receiving skills

They will also focus on the following FMS skills;

- Underarm throw
- Catching
- Running
- Dodging
- Striking a ball
- Side gallop

- Release at knee level or below
- Eyes are on the target throughout

Catching

- Body moves directly in path of the ball
- Eyes follow the ball into hands
- Arms "give" on contact to absorb the force of the ball
- Arms adjust to flight of the ball
- Hands grasp ball in well-timed motion

Bouncing a ball

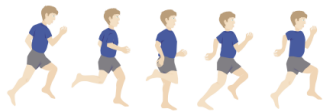
- Ball held at waist height
- Ball pushed down to ground, following through with arm, wrist and fingers
- Relaxed fingertips control the bounce
- Can control the height of the bounce consistently

Side gallop

- Rhythmical smooth action
- Weight on balls of feet
- Body faces front
- Rear leg lands adjacent to or behind front foot
- Low vertical lift

Supporting resources

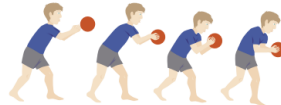
Running



Overarm throw



Catching



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Rolling a ball



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Bouncing a ball



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Side gallop



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