



Year 1 - Autumn - PE Knowledge Organiser



What I already know...

Last year we spent a lot of time developing our gross motor skills . We were taught to negotiate space and obstacles safely and with consideration of others. We began to demonstrate strength, balance and coordination when playing. We also had many opportunities to move energetically doing things such as running, jumping, dancing, hopping, skipping and climbing.

What I will learn...

- To understand what neutral spine position is and to hold it still with good control for at least 3 seconds
- To understand how the spine can bend and how that helps us to move and hold poses still
- To understand what their core muscles are and how they help to strengthen their poses and travel movements
- To understand how to slow their breathing down and how this can help with calming them down and having better control of their poses
- To understand what flexibility is (how stretchy we are) and how that helps with movement and holding of their poses.

Key Vocabulary

Pilates	Pilates is a body conditioning routine that helps to build strength, endurance, flexibility and coordination
Spine	The backbone—the vertebrates extending from base of skull to the
Hold	To stand still in a position
Core muscles	Major muscles held in centre of the body
Breathing	To take in air to the lungs and
Stretch	To straighten a muscle or part of
Travel	To move with control around a
Flexibility	The ability to bend your body

Making a difference at The Merton

As we go on an animal adventure children develop their agility, balance, co-ordination and strength skills as they bounce, hop, hopscotch, gallop, skip, tiptoe and run in different directions using the wonderful movements of animals as a stimulus. Children will understand the basic concept of Pilates and how to hold their bodies with good core strength and body tension in a variety of different poses and travel movements linked to the theme. We will gain an understanding of how our bodies can move and also how to hold poses with good control and concentration.

Making a difference at home

Practise makes perfect! Could you show someone at home some of your newly acquired Pilates skills, maybe you could teach them to a grown up at home.

Stretching your muscles and excising your heart and lungs is good for you and doing exercise outside is good for the environment. Why not walk, cycle or scoot to school more often...



Year 1 - Autumn 2 - PE Knowledge Organiser

What I already know...

Last year we began to negotiate space and obstacles safely and with consideration of others. We began to demonstrate strength, balance and coordination when playing. We also had many opportunities to move energetically doing things such as running, jumping, dancing, hopping, skipping and climbing. In Autumn 1 where we learnt to jump safely on the ground and on to and from equipment. The children also learnt to work as a team to lift, carry and use gymnastic apparatus safely.

Key Vocabulary

Over Arm Throw	Stretching your arm over your shoulder to release an object or ball.
Under Arm Throw	A backward-forward swing of your hand to release an object.
Hand-Eye Coordination	Hand-eye coordination is the coordinated control of eye movement with hand movement.
Send	To throw an object or ball forward.
Receive	To catch an object or ball.
Target	An object or place selected to aim at.

What I will learn...

Throwing and Catching and Ball Skills

- To move fluently, and with control, changing direction and speed easily to avoid collisions
- To show control and accuracy with the basic actions for rolling, overarm and underarm throwing and throwing and catching of an object
- Develop hand eye coordination skills through the use of hula hoops, bean bags and balls in a variety of throwing and catching activities
- Understand the concept of sending and receiving and get in line with the ball to receive it
- Understand the concepts of aiming at a target using the underarm and over arm throw and with a variety of different objects
- Use skills in different ways in different games and try and win by changing the way they use skills in response to their opponents actions
- Develop spatial awareness skills by recognising how to move into a space during game play and receive the ball from a team mate



Making a difference at The Merton

We will not only develop their throwing and catching skills, but also our teamwork and co-operation skills as we learn to support and encourage each other to be successful. Children will learn to control a ball when they are rolling and bouncing on their own, with a partner and in a small group. We will learn how to throw and catch with a variety of objects on their own, with a partner and within a small group. We will develop good techniques for their underarm throwing and overarm throwing as well as developing hand eye coordination through target throwing challenges and games. The children will also gain experience of playing some simple team games, following rules, competing, and supporting each other to win. The unit encourages us to think about the changes that occur in our bodies when we exercise, why we need to warm up and cool down and how we can best do those things. The unit encourages us to think about the changes that occur in our bodies when we exercise, why we need to warm up and cool down and how we can best do those things.

Making a difference at home

Do you have a sibling or a friend who would like to practise ball skills and help you to develop your hand eye coordination? This is a great opportunity to develop collaborative skills as well as develop your PE skills. Practise outdoors and benefit from being in the fresh air and being in nature. Your cool down could be mindfully listening to the sounds that exist in your garden.