



Year 1 - Spring - PE Multi-Skills Knowledge Organiser

What I already know...

During PE lessons last term we developed our spatial awareness and ability to move fluently and with control, changing direction and speed easily to avoid collisions! We also developed our hand eye coordination skills. In Pilates we worked on building core strength as well as flexibility and the ability to 'hold' positions and land safely.

What I will learn...

- To master basic movements including running and jumping
- To develop throwing and catching skills
- To develop balance, agility and co-ordination, and begin to apply these in a range of activities
- To recognise how your body feels when still and when exercising
- To develop simple tactics for attacking and defending
- To participate in team games and work collaboratively

Key Vocabulary

balance	When you keep your body very
jumping	Can be: bunny hop, leap from foot to another, two-footed jumps.
agility	being able to change direction
co-ordination	The ability to use different body
running	most effective when arms and legs
throwing	is the ability to propel and object through the air as far as possible
catching	To cup hands around an object to receive a ball into your possession.

Making a difference at home

Exercise is so important for both your physical and mental health. As the days become lighter, go for a walk after school or visit the local park and practise your balance skills on the equipment. Maybe you could get your family to join in with a game of football and show off both your individual skills and your ability to work as a team!



Making a difference at The Merton

Children will develop their Agility, Balance and Coordination through the YST PJ Masks themed scheme of work. Children will learn about the three main characters super powers and develop their skills through game play and stories as they use their own character powers of perseverance, determination and their ability to encourage and support their classmates too. Children will develop their understanding of the basic principles of invasion games such as attacking, defending, scoring—and the importance of teamwork! They will learn how to pass and receive the ball with control and how to use and move around a space effectively. Children will learn how to change direction (dodge) to get away from a defender to receive a pass. Children will practise aiming at a target and to track a ball with their eyes. They will have the opportunity to take part in individual and paired activities as well the opportunity to work collaboratively using teamwork to play a range of team games, to enable them to practice and improve their skills.