



Year 1 - Autumn 1 - PE Knowledge Organiser

What I already know...

In EYFS children learnt to negotiate space safely and consider others. Children began to develop their balance and co-ordination skills. They developed early co-operation skills, taking turns and found joy in encouraging others too!

What I will learn...

Fundamentals

To explore balance, stability and landing safely.

To explore how the body moves differently when running at different speeds.

To explore changing direction and dodging.

To explore jumping, hopping, and skipping actions.

To explore co-ordination and combining jumps.

To explore combination jumping and skipping in an individual rope.

Ball Skills

To develop control and co-ordination when dribbling a ball with your hands.

To explore accuracy when rolling a ball.

To explore throwing with accuracy towards a target.

To explore catching with two hands.

To explore control and co-ordination when dribbling a ball with your feet.

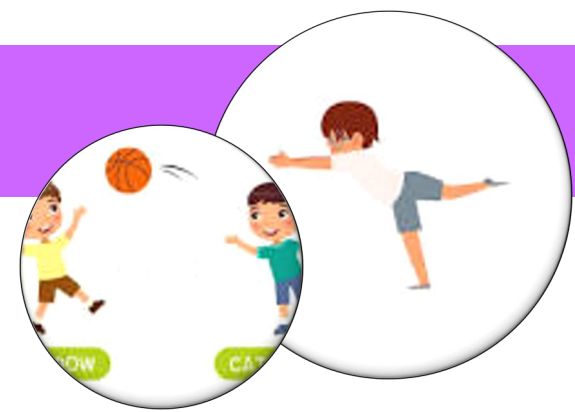
To explore tracking a ball that is coming towards me.

Key Vocabulary

balance	The ability to maintain stability when stationary (static balance) or when moving (dynamic balance).
jump	Take off and land on two feet.
hop	Take off on one foot and land on the same foot.
travel	A method of moving around space e.g. jog, slide, skip, crawl etc.
dribble	To move the ball using your feet or your hands.
track	To track is when a player moves their body to get in line with a ball that is coming towards them.
send	To pass to someone with using either your feet or hands.
receive	To collect or stop a ball that is sent to you using either your hands or feet.

Making a difference at home

Turn your walk to school into hop, skip and jump to school! Not only will it be more fun, and get you're here quicker, this energy burst will help your brain to be ready for the day ahead at school and ready to learn.



Making a difference at The Merton

Fundamentals

Children will continue their physical development learning journey as they enter Year 1 and continue to work on fundamental movement skills which are a specific set of gross motor skills that involve different parts of the body. Pupils will explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. They will explore these skills in isolation as well as in combination. Pupils will be given opportunities to identify areas of strength and areas for improvement. Pupils will work collaboratively with others, taking turns and sharing ideas. As a result children will be more confident and competent in these skills, enabling them to develop more complex movement skills and apply these to recreational, activity or sport-specific situations boosting their physical and mental well-being.

Ball Skills

Children will explore their fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball. Pupils will have the opportunity to work independently, but will also develop their co-operative skills by collaboratively in pairs and small groups. They have to respond to others, be honest and support each other so that everyone feels empowered to do their best!