



Year 1 - Spring- PE Knowledge Organiser: Target Games

What I already know...

In EYFS we developed fundamental ball skills such as throwing and catching, rolling a ball and using targets. We developed our fine and gross motor skills through a range of game play with balls.

What I will learn...

- To recognise changes in my body when I do exercise.
- To use an overarm throw aiming towards a target.
- To roll a ball towards a target.
- To use an underarm throw aiming towards a target.
- To be able to work co-operatively with a partner.
- Understand what good technique looks like.

Key Vocabulary

agility	The ability to change direction quickly and easily.
release	The point at which you let go of an object
target	The object that is being aimed for.
co-ordination	The ability to move two or more body parts at the same time.

How to be an athlete:

Show off your growing throwing skills and teach a family member some target games, using some objects in your garden to be the targets. You could even work collaboratively and think of new games together. Being active together not only is great for your physical health but good fun too!



Making a difference at The Merton

Children will work on their aim using both underarm and overarm actions. Through a range of activities children will be given opportunities to select and apply the appropriate action for the target considering the size and distance of the challenge. Children will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. As children grow in confidence they will be create their own activities that can be used at playtimes and help to facilitate play with their peers, applying their newly developed throwing skills and their understanding of the importance of abiding by rules to keep themselves and others safe for a harmonious and fun playtime.