



# 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.

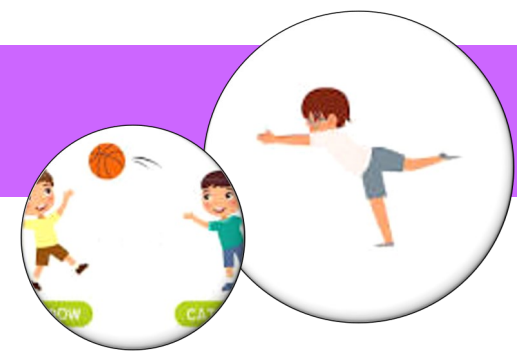
To explore tracking a ball that is coming towards me.

## 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.

## Key Skills. Disciplinary knowledge skills I will

- ◆ collaboration, work safely, support others
- ◆ determination, self regulation, honesty, perseverance
- ◆ comprehension, select and apply skills



## Making a difference at The Merton and beyond.

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.

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!

We will look at how being active helps to keep us physically and mentally healthy and how big movements (gross motor skills) helps us develop our muscles and helps us get better at small movements (fine motor skills) We can use our fine motor skills in our art, DT and English lessons.