

Physical Education Knowledge Organiser

Year 1 Games

National Curriculum links: To participate in team games, developing simple tactics for attacking and defending

To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Key values and vocabulary	Learning	Breakdown of skills/success criteria
<p><u>Values</u></p> <ul style="list-style-type: none"> · Respect · Co-operation · Teamwork <p><u>Vocabulary</u></p> <ul style="list-style-type: none"> · striking · fielding · travelling · scoring · attacker · defender 	<p style="text-align: center;">Previous learning</p> <p>In EYFS, children will be taught 5 FMS (Fundamental Movement Skills) for under 5's. These are run, jump, hop, catch and throw. They have been chosen as they are single fundamental movement skills, whereas skipping is a combination of FMS – a hop and a step.</p> <p style="text-align: center;">Year 1 learning</p> <p>In year 1, children will perform fundamental movement skills at a developing level in;</p> <ul style="list-style-type: none"> · Travelling skills · Sending skills · Receiving skills <p>They will also focus on the following FMS skills;</p> <ul style="list-style-type: none"> · side gallop · underarm throw · Running · throwing a ball · rolling a ball · bouncing a ball 	<p><u>Aim and success criteria of games for year 1</u></p> <ul style="list-style-type: none"> · Children will develop basic game-playing skills, in particular the FMS of throwing and catching. · They will play games based on net games and striking and fielding games. · They will also have an opportunity to play one against one, one against two and one against three. <p><u>Skills breakdown for games</u></p> <p>Running</p> <ul style="list-style-type: none"> · Definite flight phase · Stride length at max · Complete extension of support leg · Arms bent at 90 degrees and swing back and forwards in opposition to legs · Non-support knee bends 90 degrees <p>Throwing (overarm)</p> <ul style="list-style-type: none"> · Arm is swung backward in preparation · Opposite arm is raised for balance/direction · Weight transfers from back foot to front foot, with a step with foot opposite to throwing arm. · Definite turning of the body through legs, hips and shoulders.
<p>Key knowledge</p>	<p style="text-align: center;">Future learning</p>	<p>Rolling a ball</p>
<p>Children need to learn how to use simple tactics i.e. pretend to throw one way</p>	<p>In year 2, children will perform fundamental movement skills at a developing level and start to master some basic movements in;</p>	<ul style="list-style-type: none"> · Opposite foot to arm forward · Ball held in opposite hand to forward foot · Distinct knee bend · Forward swing transferring weight from rear to front

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than throw the other or looking one way and rolling/throwing the other.

- Travelling skills
- Sending skills
- Receiving skills

They will also focus on the following FMS skills;

- Underarm throw
- Catching
- Running
- Dodging
- Striking a ball
- Side gallop

- Release at knee level or below
- Eyes are on the target throughout

Catching

- Body moves directly in path of the ball
- Eyes follow the ball into hands
- Arms "give" on contact to absorb the force of the ball
- Arms adjust to flight of the ball
- Hands grasp ball in well-timed motion

Bouncing a ball

- Ball held at waist height
- Ball pushed down to ground, following through with arm, wrist and fingers
- Relaxed fingertips control the bounce
- Can control the height of the bounce consistently

Side gallop

- Rhythmical smooth action
- Weight on balls of feet
- Body faces front
- Rear leg lands adjacent to or behind front foot
- Low vertical lift

Supporting resources

Running



Overarm throw



Catching



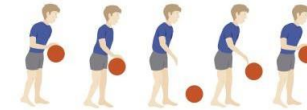
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Rolling a ball



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Bouncing a ball



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Side gallop



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