

# Year 1 PE Knowledge Organiser

## Autumn 1

### Areas of learning: Games and Gymnastics

#### Games - Key Knowledge

By the end of this unit pupils will acquire and develop the following skills...

- Rolling and receiving a ball when rolled on the ground.
- Throwing and catching ball to themselves and to a partner using an underarm throw.
- Bouncing and patting a ball working alone or with a partner.
- Kicking and dribbling a ball across the ground.
- Children will learn how to use space when playing a game.
- Children will apply the key skills learned within simple ball based games.

#### Gymnastics Key Knowledge

By the end of this unit pupils will acquire and develop the following skills...

- Children will create short sequences of movement.
- Rolling; egg rolls
- Travelling (move) and linking actions in different ways; stepping, tiptoe, jumping, skipping, galloping and hopping.
- Jumping; jumping 2 feet to 2 feet, straight, tuck, star, half turn.
- Stretching and balancing; standing and kneeling balances, tuck, pike, star, straight, straddle, dish and arch.
- Children will move around, under, over and through a range of different equipment by pushing and pulling their bodies.

#### Key Vocabulary



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