



St Andrew's C of E Maghull Knowledge Organiser



Year 1 – Autumn 1 – PE – Attack, defend, shoot.

<u>Knowledge:</u>	<u>Skills:</u>	<u>Vocabulary:</u>	<u>Lesson Sequence:</u>
<p>I know the scoring system in a game (netball).</p> <p>I know how my body changes when I do exercise.</p> <p>I can find my pulse.</p> <p>I know how to defend.</p> <p>I know how to attack.</p> <p>I know I can throw in different ways (bounce, roll and slide).</p>	<p>Recognise rules and apply them in competitive and cooperative games.</p> <p>Make decisions about how to defend a target.</p> <p>Begin to engage in competitive activities.</p> <p>Roll, slide or throw a beanbag or ball with accuracy.</p> <p>Bounce a medium sized ball to self and attempt to bounce to others.</p> <p>Attempt to intercept and catch a thrown ball.</p> <p>Work in collaboration with others to attack and score points.</p> <p>Identify the things that they like about exercise both in and outside of school.</p>	<p>Attack – to work against with energy.</p> <p>Catch – to get control of the ball.</p> <p>Compete - to try to win or get something that others are also trying to get.</p> <p>Defend – to guard.</p> <p>Over-arm - swinging the arm over the level of the shoulder.</p> <p>Play against – play for your own team.</p> <p>Receive – to get or take.</p> <p>Rolling – move by turning over.</p> <p>Send – move a ball to a certain place.</p> <p>Throw – use arms to make the ball travel.</p> <p>Under-arm - throw with hand below shoulder and palm facing up.</p> <p>Bounce – to hit a ball and it springs back up.</p> <p>Co- operate – to work together.</p>	<p><u>Lesson 1:</u> To hit a target.</p> <p><u>Lesson 2:</u> To defend a target.</p> <p><u>Lesson 3:</u> To roll and slide balls and beanbags.</p> <p><u>Lesson 4:</u> To shoot in a game to get points.</p> <p><u>Lesson 5:</u> To work with a partner to score points.</p> <p><u>Lesson 6:</u> To use our attacking and defending skills in a game.</p>

