



St Andrew's C of E Maghull Knowledge Organiser



Year 1 – Spring 1 PE – Send and return Unit 1

<p><u>Knowledge: I know -</u></p> <ul style="list-style-type: none"> - how my body changes when I do exercise. - when the ball goes over the net points are scored. - a game is played on a court. - in a forehand your hand faces forward. - in a backhand your hand faces backwards. - my body needs to be facing the right direction to help hit the ball over the net. 	<p><u>Skills:</u></p> <ul style="list-style-type: none"> Identify space to send a ball into. I can describe how they worked with their partner to send and receive. Able to send an object with increased confidence using hand or bat. Move towards a moving ball to return with hand or bat. Score points against opposition over a line/net. Select and apply skills to win points. Chase, stop and control balls and other objects such as beanbags and hoops. Track balls and other equipment sent to them, moving in line with the ball to collect or return. Work with a partner to send and return an object and play in a simple rally. Play cooperatively in a game situation. 	<p><u>Vocabulary:</u></p> <ul style="list-style-type: none"> hit – to strike something. collect – to gather something. stop – come to a halt. net – fabric with spaces. throw – to send something through the air using arm and wrist. roll – to move by turning over. catch – to get control of something. bowl – to roll a ball along a smooth surface. feed – pass to a player. pick up – retrieve the ball. hitter – use object to move ball. forehand – palm of hand facing forward. backhand – back of the hand outwards. court – a marked off area to play a game of sport. 	<p><u>Lesson Sequence:</u></p> <p><u>Unit 1</u></p> <ul style="list-style-type: none"> I can slide or receive a ball or beanbag. I can send a ball in a variety of ways. I can move towards and return a ball. I can send and return balls with a partner. I can play in a rally with a partner. I can exploit space in a game with a partner.
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