



St Andrew's C of E Maghull Knowledge Organiser



Year 1 – Spring 2 PE – Send and return Unit 1

Knowledge: I know -

- 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.



Skills:

- 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.

Vocabulary:

- 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.

Lesson Sequence:

- Unit 1**
- 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.