



# St Andrew's C of E Maghull Knowledge Organiser



## Year 1 – Summer 1 PE – Send and return Unit 2

### 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 2**
- I can feed a ball over a net.
- I can use a variety of movements to track balls.
- I can develop core strength for seated control.
- I can send a ball from different positions.
- I can identify and exploit space.
- I can describe/show correct body position from behind a ball.