



PE - Knowledge Organiser

Summer 2 – Year 1 – Target Games



Knowledge Organiser Target Games Year 1

About this Unit

Target games are games where players send an object towards a target. It could be while avoiding obstacles, getting closer to a target than an opponent or by hitting a target in the fewest turns. It could also be a moving target.

Examples of target games are dodgeball, golf, curling, boccia, archery, bowling.

In this unit, you will use underarm and overarm throwing to take part in lots of different challenges.



overarm throw

- elbow high
- step forward with your opposite foot
- use for distance



underarm throw

- use a straight arm
- step forwards with your opposite foot
- point your hand to your target
- use for accuracy

Ladder Knowledge



Throwing:

use an overarm throw for distance and an underarm throw for accuracy. Stand with opposite foot to throwing arm forwards.

Movement Skills

- underarm throw
- overarm throw

This unit will also help you to develop other important skills.

- Social** collaboration, leadership, work safely, encourage others
- Emotional** perseverance, honesty
- Thinking** comprehension, select and apply, creativity

Rules

Rules help you to play fairly.

Tactics

Tactics are a plan that help us to do what we want to do when playing games.

Choose targets that are worth more points

Use an overarm throw for targets further away

If the target is small, use an underarm throw because it is more accurate

Healthy Participation



- Put unused balls in a safe place.

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Socks in Pots!

What you need: three pairs of socks and three or more pots or pans

How to play:

- Place pots or pans at different distances away.
- Start behind a start line.
- Score one point for each pair of socks you throw that land in a pot or pan.
- Make this harder by labelling each pot or pan with a different number of points and seeing how many points you can score.
- Play with more people by seeing who can score the most points. The first person to ten points is the winner.

www.getset4education.co.uk

Powerful Knowledge



balance

distance

further

overarm

point

score

swing

throw

underarm



If you enjoy this unit why not see if there is a club in your local area that plays a target game. Examples could be a dodgeball or golf club.



This unit will help you to:

- change direction quickly
- balance
- move different parts of your body at the same time
- be faster

Head to our youtube channel to watch the skills videos for this unit.



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