



PE - Knowledge Organiser

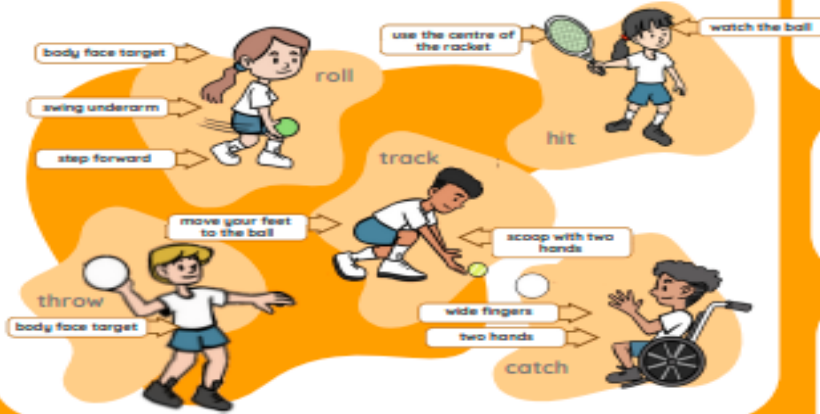
Spring 2 – Year 1 – Sending and Receiving



Knowledge Organiser Sending and Receiving Year 1

About this Unit

When we talk about sending a ball, we mean throwing, kicking or hitting it to someone else. Receiving a ball is like catching it or stopping it when it comes to you. So, when your friend sends the ball your way, you use your hands, feet or racket to catch it or stop it from rolling away. It's like giving the ball a gentle hug when it comes to you.



Ladder Knowledge



Sending:
Face your body towards your target when sending to help you to balance.
Look at your partner before sending the ball.

Receiving:
Watch the ball as it comes towards you.

Movement Skills

- roll
- throw
- catch
- track
- kick
- receive with feet
- send with racket

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

Social support others, communication

Emotional determination, honesty, independence

Thinking comprehension, select and apply skills

Strategies

For all ball skills use these tips:
Track the ball as it comes towards.
Point your hand or foot towards your target when sending the ball.
Cushion the ball as you receive it.

Healthy Participation

- Make sure unused balls are stored in a safe place.
- Make sure you work in a safe space and show an awareness of others as you use the ball.

Powerful Knowledge



- | | | |
|----------|----------------|----------|
| catch | overarm | score |
| defender | partner | send |
| distance | pass | throw |
| far | ready position | underarm |



If you enjoy this unit why not see if there is a ball game e.g. a basketball club in your local area.

This unit will help you to:

- change direction
- balance
- move different body parts at the same time
- be faster
- move for longer



Home Learning

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

Plane in Flight

What you need: a sheet of newspaper, an A4 sheet of paper, a pen, masking tape, scissors, an adult to help you out.

- How to play:**
- Draw circles of different sizes on the sheet of newspaper.
 - Ask an adult to help you cut them out.
 - Make a paper aeroplane with the A4 paper (have fun finding how to make this on the internet).
 - Tape your newspaper so that it hangs in a doorway and make marks at the holes after it swings.
 - Stand 5m away and throw your aeroplanes so that it travels through every country.

www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit. @getset4education136