KS1- Physical Education

Games Knowledge Mat

Subject Specific Vocabulary	
Underarm	A backward-forward swing of the arm to release an object from the hand.
Overarm	A throw using your arm above your shoulder.
Safely	To practise a skill without causing harm or injury to ourselves or others.
Travel	To move from one place to another in different ways.
Attacking	Movement of a team keeping the ball, to win a game or score points
Defending	To stop the other team scoring points or winning the game

At the end of this topic I will be able to:

Master basic movements including running, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending.

Crucial Connections

https://www.youtube.com/watch?v=eU96tXQp-10

Sticky Knowledge

I can participate in a small sided game and follow simple rules.

I can use different throws in different situations

I can kick a ball from a standing position.

I can kick a ball using the side of my foot.

I can attempt to catch with two hands.

I can attempt to apply hitting, kicking, throwing, catching, rolling at a target in a game.

I can find my own space in a game.

I can understand the terms defending and attacking as used in a game.

I can follow the rules of a simple game.



Attacking and defending in a game

Aspirations

Sports Coach/manager

Olympian

Related People

Gareth Southgate – Was a professional footballer, who went on to become the manager of the England Football Team

Tracey Neville – Was a professional England Netball player, who went on to become the Head Coach of the England Netball Team







A small sided game