




Knowledge Organiser

Year 1 – Physical Education – Multi-Skills

What I should already know	Key Knowledge	Key Vocabulary
Basic gait – Reception Movement skills – Reception Locomotive activities – Reception Agility, Balance and Coordination skills – Reception	To perform balances using a number of different parts of the body To co-ordinate the upper and lower body today To move with greater precision and control To use timing to aim, stop and guide an object To aim a variety of balls and equipment accurately To use controlled movement to travel in different ways To use agility, balance and co-ordination when performing activities	balance agility co-ordination skills speed counter-balance body movement patterns score point goal control dribble pass shoot possession movement throw jump
Things I need to know How to send an object from a stationary position To send an object in different directions. How to receive an object from a stationary position How to move into space To work with a teammate or partner How to position my body to balance, counter balance and move	What is a balance? How do I balance? What is a base part? How can I balance using a different number of base parts? What is a static balance? What is counterbalancing? What can I do to improve my balance? What makes a strong base? What body parts help my base? What different ways can I send the ball? Where do I look when I am aiming? Where do I place my hands and feet to receive? What does it mean to move my balance?	
This will help me in the future: To send an object To receive an object. To move with an object. To communicate clearly and effectively To travel with purpose To work as part of a team	:	
STANDING BALANCES 	SUPPORT BALANCES 	KNEELING AND SITTING BALANCES 
		hand-eye co-ordination – perform skills that require eyes and hands to be used at the same time. evaluate – Receive or give feedback to self / others that makes a judgement on the strengths and weaknesses of a performance. Improve – Use judgements to make execution of skills or the performance in a game better.

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