

Knowledge Organiser Physical Education Year 1 Spring

Net and Wall



St Elizabeth's Catholic Primary School
"Love one another as I have loved you"

Prior knowledge

- Developing 2 handed catches
- Developing dribbling with hands and feet
- Understand simple tactics
- Roll or throw a ball towards a target
- Track a ball
- Change direction to move away from a person or position
- Shadow another player

Physical skills developed in this topic

- Throwing
- Catching
- Hitting a ball with a racket

Knowledge and skills covered in this topic

- Use the ready position
- Hitting a dropped ball with a racket
- Throw a ball over the net and into the court area
- Explore under arm rally with a partner
- Know how to score points

Key words

Ready Position: Balanced position to stand in at the start of play

Racket: The equipment used to hit the ball. It has a handle and head to hit the ball

Net: The ball must pass over this onto the other side

Underarm: Throw of the ball with the ball below your elbow

Points: How the game is scored

