



Net and wall - Year 1



Key Vocabulary

balance	hop	safely
bend	jog	target
control	jump	time
direction	leap	underarm
further	overarm	walk
	quickly	



This unit will help you to:

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

PE KNOWLEDGE ORGANISER

Key Skills - Physical

run
balance
agility
co-ordination
hop
jump
leap
throw

Key Skills – S.E.T

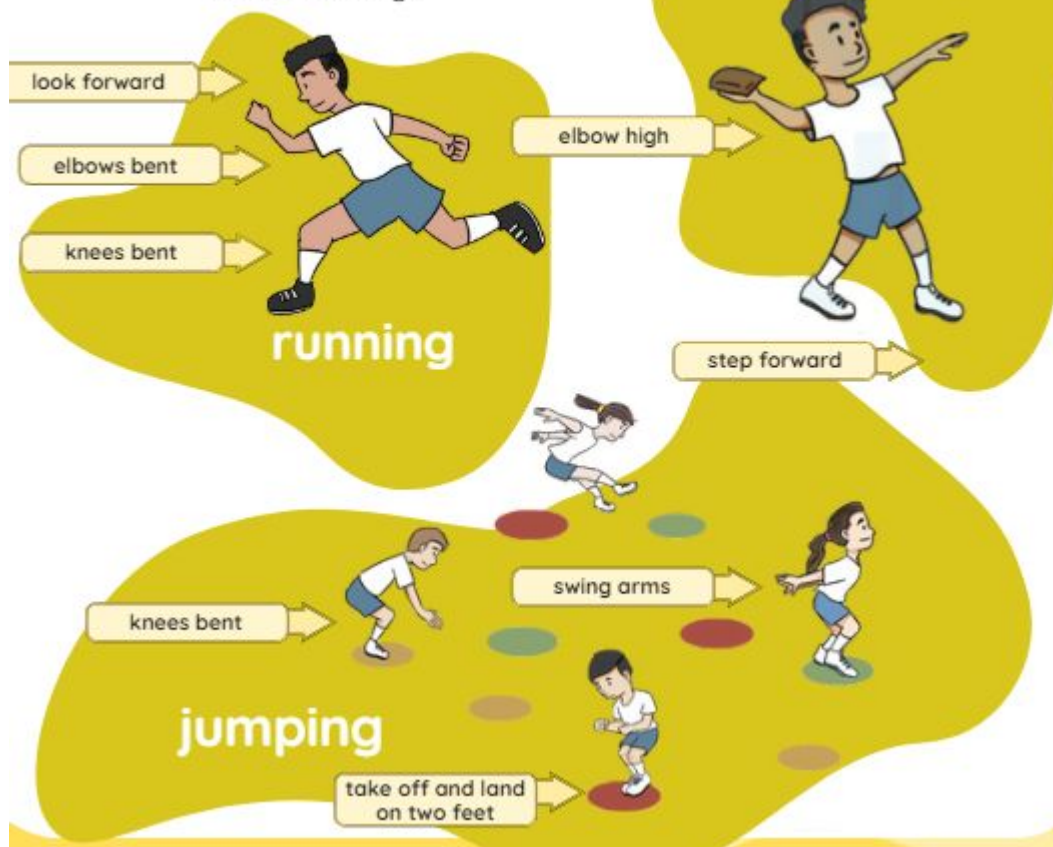
Social: work safely
Social: work collaboratively
Emotional: perseverance
Emotional: determination
Thinking: reflection
Thinking: select and apply skill

Assessment Criteria

I can hit a ball using a racket
I can throw a ball to land over the net and into the court area
I can track a ball sent to me
I can use a ready position to move to the ball
I know how to score points
I recognise changes in my body when I do exercise
I show honesty and fair play when playing against an opponent

About this Unit

Athletics is made up of running, jumping and throwing.



Inspiring Athlete

Emma Raducanu



run

throw

jump

leap