

### What I have already learnt in EYFS

- I have developed my coordination, control and movement.
- Showed a preference for a dominant hand.
- Experimented with different forms of movement.
- Enjoying being active and interactive.

### Key Knowledge

#### Balancing:

- Head** - look forward
- Shoulders** - Arms in line
- Knees** - Slightly bent
- Toes** - Light feet

#### Keeping Safe:

**When moving make sure to look out for others.**

#### Personal Best (PB):

**To beat your own best score.**

### Subject Knowledge Organiser Y1 Multi-Skills - Race to Space

#### Key Vocabulary

**Jump** - an act of jumping from one surface to another using legs and feet.

**Balance** - remaining upright and steady.

**Safe** - not likely to be harmed.

**Personal Best** - to beat your own best score or achievement.

**Target** - an object or place selected as an aim.

**Space** - an area which is free and unoccupied.

### What I will have learnt by the end of this unit (Y1)

I will build on all of the points above plus...

- To move with control and coordination.
- To be able to catch a large ball.
- To be able to play a game following a set of rules.
- To roll a ball to an end target.
- To participate in team games.
- To be increasingly more confident with balance and agility.
- To dribble a ball with some success.

### My Skills and Knowledge that I may use from other subjects

Maths: adding and counting points gained.

PSHE: thinking about a healthy diet for physical activities.

Geography: direction.

### What I will have learnt by the end of my Key Stage

- To develop fundamental movement skills including running, hopping, jumping, kicking, throwing and catching showing correct technique. Children should be looking to throw the ball over-arm showing some accuracy.
- To develop simple tactics and understand attacking vs defending.
- To become spatial aware and move in and out of space safely and quickly.
- To become increasingly competent and confident with their agility, balance, coordination and the speed at which they do these activities.
- To be able to move forwards, backwards, sideways, low and high at speed.
- To pass a ball accurately via hands and feet.
- To be able to control a ball within a game setting via hands and feet.
- To be able to dribble a ball through cones successfully.
- To cooperate with team mates and work as a team to achieve success.



### Recall and Remember

- Which is my preferred hand for throwing?
- Why do we warm up and warm down?
- What is a PB?

### Wider opportunities

- Get involved in after school sports clubs available.
- Take part in representing the school at events outside of school.
- Get involved in sporting groups outside of school in the local area.

### Key Skills I will learn/use

- Coordination
- Skipping, running and jumping
- Throwing at a target
- Moving in different directions with equipment

### Key PE Concepts

