

Bomere and the XI Towns Federation Knowledge Organiser—PE

Topic: Games Tennis	Class/Year Groups: Pimhill	Term:
What you already know?	What you will learn: To travel in different directions at varying speeds, maintaining control when changing direction. how to throw equipment in different ways accurately / for distance using hands. To catch, throw & bounce with a partner & in games. How to control a ball. How to position my body when striking/hitting and learn to be in control when striking . To think about the best space to get into in games. To start thinking about ‘attacking’ & invading a space. To watch & describe performances & try to improve my own performance. To remember how to execute a skill. To move around safely at all times and follow instructions. How to share equipment fairly with others. To listen to others when planning group work . To compete against myself and others. To challenge myself to improve skills and practise new ones. To participate in & explain reasons for why we warm. to talk about the need to stay healthy. To compare how my body feels before & during exercise. to be determined to try more difficult skills & be confident to ask for help.	Vocabulary Travel – move the body from one place to another with or without a ball. Pass – send a ball to a team mate using hands, feet or a piece of equipment. Dribble – travel whilst moving a ball with hands, feet or a hockey stick. Strike – hit a ball bowled by an opponent using a bat / racket. Catch – receive a ball passed by another player with your hands. Space – an area that a player moves into to get away from a defender / opponent. Possession – having control of a ball and try not to let an opponent take ball from you. Hand-eye co-ordination – perform skills that require eyes and hands to be used at the same time. Accurate – a ball is passed & goes to the place / player that it is intended to. Attack – move into an opponent’s area to try to score. Compete – to take part in a contest against / try to beat an opponent. Healthy – when the body or mind are in good condition and complete well-being Warm-up – prepare the body for exercise with gentle actions and stretching. Exercise – activity using the body that maintains or improves fitness



<p>Early learning Goals :</p> <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing <p>National Curriculum Objectives:</p> <ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities Participate in team games, developing simple tactics for attacking and defending

