

**Year:** 1    **Subject:** P.E.    **Focus:** Attack & Defend    **Term:** Autumn Unit 1



**Prior learning**

Experienced a variety of games. Practised throwing and catching and can demonstrate the basics of these skills.

**Equipment**

Small balls, large balls, beanbags, cones, hoops, mats, quoits, targets, skittles.



**Vocabulary**

Send to targets.	Attack, catch, compete, defend, over-arm, play against, receive, rolling, send, throw, under-arm.
Catch and intercept.	
Rolling to target.	
Attacking and defending (& in pairs).	
Compete in a simple tournament.	

**By the end of the unit I should know**

Practice basic movements including running, jumping etc. and begin to engage in competitive activities. Experience opportunities to improve ABC's.

**Head:** Recognise rules and apply them.

**Hand:** Begin to engage in competitive activities.

**Heart:** Identify the things that they like about exercise.

**Key Questions**

1. What can we do to make it easier for our teammates to pass the ball to us?
2. How can we score a goal?
3. What skills can you use to attack and defend?
4. How have you worked well with your team?

**Rules**

- No contact.
- No running with the ball.
- Restart from the sideline if the ball goes out.



# Amblecote Primary School—Knowledge Organisers

**Year:** 1

**Subject:** P.E.

**Focus:** Attack & Defend

**Term:** Autumn Unit 2



### What should I already know?

Practice basic movements including running, jumping etc. engage in competitive activities. Experience opportunities to improve ABC's.

### By the end of the unit I should know

To recognise rules and apply them. Use and apply simple strategies for invasion games. Preparing for and explaining the reasons why we enjoy exercise.

### Equipment

Small balls, large balls, beanbags, cones, hoops, mats, quoits, targets, skittles, goals.

### Key Questions

1. Why do we need to have a good defensive position when defending a hoop?
2. Where should we move to defend if attackers move to the outside?
3. How did attackers score points in this game?

### Vocabulary

Recognising changes to body during exercise.	Cooperate, defend, fluency, heart rate, outwit, physical activity, pitch.
Move to defend goals.	
Bounce ball to self.	
Communicating in a pair.	
Defensive positioning.	

**Head:** Make decisions about defending.

**Hand:** Attempt to intercept and catch a thrown ball.

**Heart:** Work with others to score points.

### Rules

- Restart a game after a goal is scored from the start position.
- Use markings to play within restricted areas.

