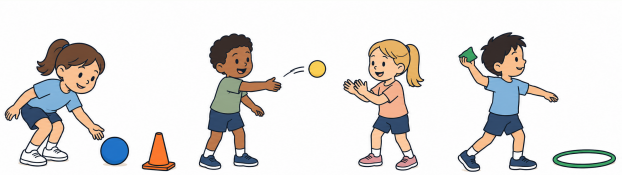
YEAR 1 KNOWLEDGE ORGANISER

Autumn 1

PE Throwing and catching



Our goal Roll, throw and catch a ball. Follow rules and play together.

1 Roll a ball

Start with the ball on the floor.

Look at your target. Use your hand to push the ball along the ground.

Finish with your arm pointing where you want the ball to go.

2 Bounce and catch

Bounce once, then catch. Watch the ball and get your hands ready.

Reach - put your hands out.

Grab - hold the ball.

Give - bring it gently into your body.

3 Throw underarm

Face your target. Start with your arm behind you.

Swing, step, throw. Swing your arm forwards. Let go near your waist.

Throw gently towards your partner's hands.

4 Throw overarm

Stand side-on. Point your other arm towards the target.

Lift your throwing hand behind your head. Step with the opposite foot and throw.

Let your arm finish across your body.

5 Aim and choose

Look at your target before you throw.

Try an underarm throw for a gentle, short pass.

Try an overarm throw to send the ball further.

Keep practising your aim.

6 Play together

Attack: try to score or knock a target down.

Defend: try to stop the other player scoring.

Listen, follow the rules and take turns.

Keep trying and help your partner.

Words to know

Roll - send the ball along the ground.

Target - what you aim at. **Pass** - send the ball to another player.

Accurate - the ball goes where you aim.

Intercept - stop or catch a pass before it reaches another player.

Can you remember

What are our three catching words?

Where do you look before rolling?

What does a defender try to do?

Based on our Year 1 throwing and catching unit