YEAR 2 KNOWLEDGE ORGANISER

Autumn 1

PE Throwing and catching



Our goal Throw, catch and pass with control. Find space and play fairly together.

1 Bounce and catch

Push the ball down with your fingertips. Bend your knees and keep your head up.

Bounce once, then catch.

To catch: **reach, grab, give.** Bring the ball gently towards your body.

2 Throw underarm

Look at your target.

Swing your arm back, then forwards. Step towards the target.

Let go near waist height. Use a gentle throw for a nearby partner.

3 Throw overarm

Use this throw to send the ball further.

Stand side-on. Point your other arm at the target. Lift your throwing hand behind your head.

Step with the opposite foot. Throw, then let your arm finish across your body.

4 Make a chest pass

Face your partner. Hold the ball at your chest with fingers spread and thumbs behind it.

Push with both hands. Stretch your arms towards your partner’s chest.

Finish with thumbs pointing down.

5 Find space and pivot

Catch the ball, then **freeze.** Do not run while holding it.

To pivot, keep one foot planted and turn using your other foot.

After passing, move into an open space so you are ready for another pass.

6 Play games together

Attack: try to score or pass to a teammate.

Defend: try to stop a score or catch a pass from the other team.

Follow the rules. Take turns, talk kindly and keep trying.

Words to know

Control - make the ball go where you want. **Target** - what you aim at.

Space - an open area away from other players.

Pivot - turn with one foot staying on the ground.

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

Can you explain it

What are our three catching words?

Which throw can send the ball further?

What stays still when you pivot?

Based on our Year 2 throwing and catching netball unit