RECEPTION KNOWLEDGE ORGANISER

Autumn 2

PE Bouncing and rolling



Our goal Move safely, roll a ball and bounce and catch with control.

1 Keep a space bubble

Stretch your arms out.

Check you cannot touch anyone or anything.

Look where you are going.

Listen and freeze when asked.

2 Roll a ball

Start with the ball on the floor.

Look at your partner or target.

Get low and push gently.

Watch the ball roll along the ground.

3 Bounce a ball

Bend your knees. Keep your head up.

Push down gently with your fingertips.

Do not slap the ball.

Bounce once, then catch.

4 Catch with two hands

Watch the ball. Get your hands ready.

Reach - put your hands out.

Grab - hold the ball.

Give - bring it gently into your body.

5 Hop and skip

Hop: take off and land on the same foot.

Skip: step, hop, step, hop.

Use your arms to help you balance.

Leave space for other people.

6 Reach across and play

Touch your opposite shoulder, knee or foot with one hand.

Try the other hand too.

Listen to the game rules.

When asked, freeze, then roll or bounce towards the target.

Words to know

Roll - push the ball along the ground.

Bounce - push the ball down so it comes back up.

Travel - move from one place to another.

Cross the midline - reach across to the other side of your body.

Can you show me

A gentle roll along the ground?

One bounce and a two-hand catch?

A hop and a step-hop skip?

Based on our Reception bouncing and rolling unit