YEAR 1 KNOWLEDGE ORGANISER

Autumn 2

PE Football



Our goal Find space, move with a ball and learn to dribble and pass.

1 Find a space

Stretch out your arms to check your space bubble.

Leave room between you and others.

Look where you are going.

Listen and freeze when asked.

2 Travel in different ways

Walk, run, hop and skip.

Try moving **forwards**, **backwards** and **sideways** safely.

Try **slow**, **medium** and **fast** movements.

Keep control of your body and ball.

3 Bounce and catch

Bend your knees. Keep your head up.

Use your fingertips to push the ball down.

Bounce once, then catch.

Practise on the spot before moving with the ball.

4 Dribble a football

Use little touches with your feet.

Keep the football close.

Look for an empty space to move into.

Move at a speed that helps you keep control.

5 Change your pathway

Dribble around the cones.

Use small touches to change direction.

Look ahead and leave room for others.

When asked to freeze, stop and keep the ball still.

6 Pass to a partner

Look at your partner and the ball.

Use the inside of your foot to gently push the football to your partner.

Try stopping the ball with your foot.

Take turns and help each other.

Words to know

Space - a clear area where you can move safely.

Dribble a football - move it with little touches of your feet.

Pass - send the ball to a partner.

Control - keep the ball close and make it go where you want.

Can you show me

Your safe space bubble?

Little touches to dribble a football?

A gentle pass to your partner?

Based on our Year 1 football travelling and dribbling unit