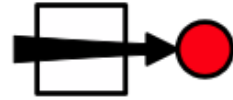




stretching



pass



throw



hopping



striking



growth
mindset



P.E - Games - Year 1



target



winning



catch



rules



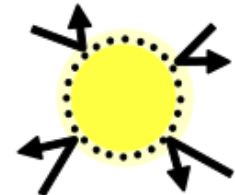
ball



crawl





run



defend

Y1 Physical Education: Games – Topic Vocabulary Mat

Subject Specific Vocabulary		Relevant Pictures and Information	Exciting Websites
stretching	Moving a muscle to loosen and warm up for exercise.		<ul style="list-style-type: none"> https://www.thepeshed.com/
direction	Body movement to gain advantage.		Pioneers and Role Models
hydrated	To have had enough water to participate in exercise.		 <p>Ellen White: English professional footballer who plays as a forward for Manchester City and the England national team. She is the record England women's goal scorer.</p>
pass	To move a ball or object to a teammate.		
throw	To move an object through the air.	What I've Learnt Already	Key Knowledge
underarm	A throw made at waist height underarm.	EYFS - How to: <ul style="list-style-type: none"> Try new activities and showing independence, resilience and perseverance in the face of challenge. Explain the reason for rules (and making an effort to follow these in a game) Work and play with others and take turns. Use space and work around obstacles safely with others. Show strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Be imaginative and expressive. 	<ul style="list-style-type: none"> To know and describe how the body feels before, during and after exercise
overarm	A throw made above waist height overarm.		<ul style="list-style-type: none"> To know the importance of exercise
striking	To hit something using sporting equipment to achieve a goal.		<ul style="list-style-type: none"> To know the importance of stretching and staying hydrated.
defending	To work against the opposition to stop them scoring.		<ul style="list-style-type: none"> To know the difference between running, jumping, skipping, hopping and walking
running	The action to run.	Skills I am Developing <ul style="list-style-type: none"> Striking and Hitting a ball Throwing and Catching Travelling with a Ball Passing a Ball Using Space Attacking and Defending Using Tactics and Rules Competing and Performing Evaluating 	<ul style="list-style-type: none"> To know how to throw, kick, roll or bounce a ball in game.
skipping	To move around with a hop or a bounce in rhythm.		<ul style="list-style-type: none"> To know how to use my hands and feet to pass a ball as appropriate to the game.
hopping	To move around with a hop or a bounce in rhythm (often one-legged).		<ul style="list-style-type: none"> I know that looking at the target helps me to throw or kick in the right direction more accurately
target	An area in which you need to land something, often with a throw.		<ul style="list-style-type: none"> To know how to catch effectively by making a cradle with hands or arms and look at where the beanbag or ball is being aimed.
catch	To receive an object from a throw.		