

Year 1 – PE Knowledge Organiser – Catching and bouncing games



Key vocabulary

Bounce	Use one/two hands to push the ball to the ground to make it bounce back up. A type of pass used in games.
Catch	Use two hands, make a cup shape to catch a ball.
Control	To keep hold of the ball
Roll	Push/ throw a ball lightly underarm.
Space	Move into space to catch a ball

We will learn how to:

- Catch a ball with two hands
- Bounce a ball with increasing control
- Roll a ball with accuracy
- Bounce a ball with control when moving
- Move into the path of a ball when playing a game and catch it.