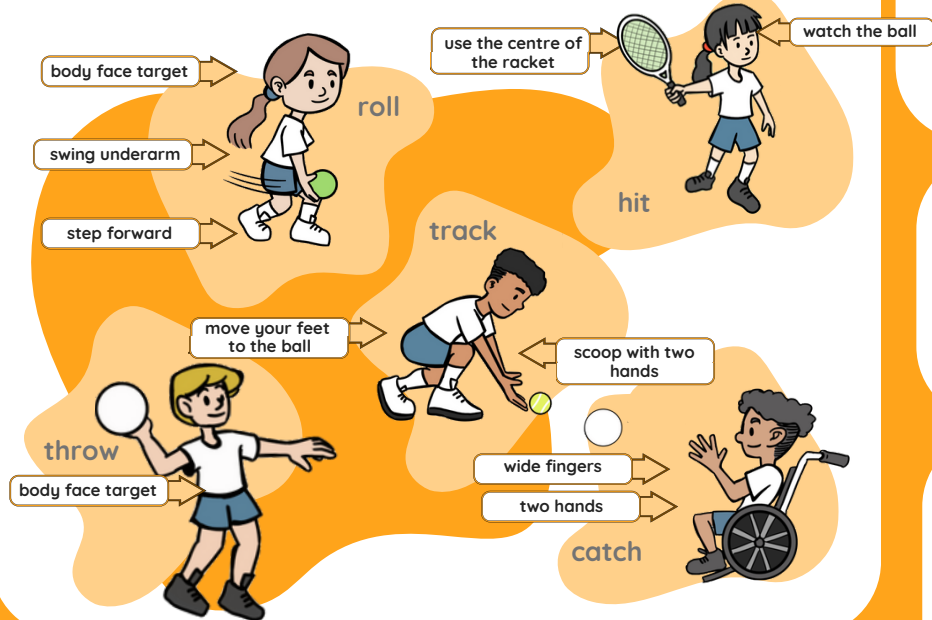


# Knowledge Organiser

## Sending and Receiving Year 1

### About this Unit

When we talk about sending a ball, we mean throwing, kicking or hitting it to someone else. Receiving a ball is like catching it or stopping it when it comes to you. So, when your friend sends the ball your way, you use your hands, feet or racket to catch it or stop it from rolling away. It's like giving the ball a gentle hug when it comes to you.



### Ladder Knowledge



### Sending:

Face your body towards your target when sending to help you to balance.  
Look at your partner before sending the ball.

### Receiving:

Watch the ball as it comes towards you.

### Movement Skills

- roll
- throw
- catch
- track
- kick
- receive with feet
- send with racket

This unit will also help you to develop other important skills.

**Social** support others, communication

**Emotional** determination, honesty, independence

**Thinking** comprehension, select and apply skills

### Strategies

For all ball skills use these tips:

Track the ball as it comes towards.  
Point your hand or foot towards your target when sending the ball.  
Cushion the ball as you receive it.

### Healthy Participation

- Make sure unused balls are stored in a safe place.
- Make sure you work in a safe space and show an awareness of others as you use the ball.

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



### Key Vocabulary



catch	overarm	score
defender	partner	send
distance	pass	throw
far	ready position	underarm



If you enjoy this unit why not see if there is a ball game e.g. a basketball club in your local area.

### This unit will help you to:

- change direction
- balance
- move different body parts at the same time
- be faster
- move for longer



Head to our youtube channel to watch the skills videos for this unit.



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### Plane in Flight

**What you need:** a sheet of newspaper, an A4 sheet of paper, a pen, masking tape, scissors, an adult to help you cut.

#### How to play:

- Draw circles of different sizes on the sheet of newspaper.
- Ask an adult to help you cut them out.
- Make a paper aeroplane with the A4 paper (have fun finding how to make this on the internet).
- Tape your newspaper so that it hangs in a doorway and name each of the holes after a country.
- Stand 3m away and throw your aeroplane so that it travels through every country.



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