



PE Topic: Throwing, catching and team games

Year: 1 Term: Summer 2

Key Knowledge/Content:

- To develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- To participate in team games, developing simple tactics for attacking and defending.

Links to:

Prior learning:

Negotiate space and obstacles safely, with consideration for themselves and others.

Future learning:

Follow instructions, understand simple rules and take part in team games.

Key vocabulary with definition:

Prior vocabulary:

- Throwing – To propel something with force through the air.
- Rolling – To move something across the floor.
- Moving – Something is in motion.
- Stopping – Movement has come to an end.
- Own space – In a space away from others.
- Fast – Moving at high speed.
- Slow – Moving with less speed than normal.

New vocabulary:

- Avoiding – Keep away from someone or something.
- Overarm throw – Thrown with the hand passing over the shoulder.
- Bouncing – To move quickly up, back, or away from a surface.
- Catching – To intercept and hold something.
- Speed – The rate at which something moves.
- Follow – To move or travel behind someone.
- Passing – Giving an object to someone else.
- Shooting – To attempt to score in a game.
- Scoring – To gain a point or a goal in a competitive game.

By the end of this unit

All children can: **move** fluently, **change** direction and speed easily and **avoid** collisions.

Most children can: **show** control and accuracy with the basic actions for throwing, catching and bouncing.

Some children can: **think** about outwitting the opposition.

Background understanding for teachers and parents:

This half term is throwing, catching and team games, with a focus on fundamental skills and teamwork. The children will have the opportunity to take part in a variety of activities and games, using different equipment.

Curriculum Driver (one):

Communication

Evidence outcome:

To communicate with each other during games, and to discuss and evaluate their own and others' performances using key vocabulary.