



<b>P.E.</b>	<b>Games</b> Developing hand eye coordination	<b>Year 1</b>	<b>Summer Term 1</b>
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## Skills

- Use basic underarm rolling and hitting skills.
- Intercept, retrieve and stop a beanbag and a medium-sized ball with some consistency.
- Catch a beanbag and a medium sized ball.

## Key Knowledge

Track balls and other equipment sent to them, moving in line with the ball to collect it.

Throw, hit and kick a ball in a variety of ways, depending on the needs of the game.

Control their body and limbs well.

Understand what it means to feel safe in physical education lessons and at playtimes.

Understand how being active is healthier than sitting still.

## Sequence of Practical Experiences

To throw a beanbag onto a racket and catch it. To create a skills game in a small group and describe it.

To travel with a racket and ball. To track the ball and move in line to stop. To use simple tactics to score points.

To connect a ball with the racket in different ways. To keep safe and in control of our equipment.

To choose different ways of striking the ball. To practice striking for distance.

To practise rolling and retrieving skill. To play a striking game in a group.

To practice controlling the ball with our feet; improve our aiming skills; use our kicking skills to score a goal.

To strike a ball in different ways for different distances. To understand that rules help to keep us safe when we play a game.

## Statutory requirements

- 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
- participate in team games, developing simple tactics for attacking and defending

## Prior Learning

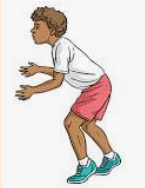
- Use a small range of underarm throwing and rolling skills
- Use a small range of collecting and receiving skills.
- Show some awareness of the space available and a basic awareness of others around the space.
- Choose and use a small range of basic skills and ideas.

## Key Vocabulary

- Send, bounce, push,
- Receive, catch, collect
- Ready position, body position, track, move in line, avoid
- Travel, walk, jog, run, sidestep
- Space, free space, own space, pairs
- Speed, slow, slower, fast, faster
- Hard, gentle, soft
- Teamwork, taking turns, fairness, respect
- High, low, near, apart, further, opposite
- Active, energetic, healthy, heartbeat, breathing
- Safety, rules, instructions, game

## Techniques

### Ready to catch position



### Space



### Bouncing



### Heads, Hearts, Hands

