



P.E.	Games Travelling with a ball	Year 1	Autumn Term 2
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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

Travel safely into spaces at different speeds & handle different balls. Travel in different ways with the ball and pass it to a partner using hands.

Practise bouncing the ball whilst travelling. Keep an activity going with a partner. Play a simple travelling and bouncing team game.

Travel in different directions and at different speeds with the ball at our feet. Play a dribbling game and defend the ball.

Use equipment to travel with the ball. To hold, balance and travel at the same time. To choose skills to use in a game.

Travel with the ball in a variety of ways. Develop agility skills. To talk about why being active is fun and makes us feel good.

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

