



<b>P.E.</b>	<b>Games Throwing &amp; Catching</b>	<b>Year 2</b>	<b>Autumn Term 2</b>
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## Skills

- Perform basic skills of rolling, striking and kicking with more confidence.
- Catch and throw in simple movement games.

## Key Knowledge

Show awareness of opponents and teammates when playing games. Recognise differences in how they feel before and after warming-up.

Apply skills in a variety of simple games.

Recognise differences in how they feel before and after warming-up.

## Sequence of Practical Experiences

- Throw with accuracy & recognise good quality in performance
- Co-ordinate bodies when throwing and catching & recognise good quality in performance
- Throw with accuracy & choose, use and vary simple tactics.
- Understand the importance of preparing safely and carefully & use information to improve their work.
- Remember, repeat and link combinations of skills.
- Improve the way they co-ordinate and control their bodies and a range of equipment.

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

## Key Vocabulary

- rebound
- tracking or following the movement of a ball
- (coordination)
- aiming
- speed
- direction
- passing
- controlling
- shooting, scoring
- grids or other markings

## Applying Techniques

**Over- arm**

**Under-arm**

**Bounce Pass**

**Heads, Hearts, Hands**