

PE

Ball Skills: Hands 2 : FS1 FS2

<p>Sticky skills</p> <p>Basic movements Teamwork</p>		<p>Key vocabulary FS2</p> <p>Throwing: means using your arm/hand to propel a ball with force through the air to a specific target or area.</p> <p>Catching: means holding the object with our hands that is hit or thrown to us usually before it touches the ground.</p> <p>Rolling: is a method of sending the ball along the floor. A ball can be rolled using our hands towards a target or our partner.</p> <p>Stopping: is a fielding method used by a fielder to prevent the ball going past them.</p> <p>Control: means keeping the ball close to us when we are dribbling, preventing the defenders from gaining possession.</p> <p>Accuracy: is the ability to control where we throw or roll and object.</p> <p>Distance: is defined as the length of space between two points. This usually means how far an object has been thrown.</p> <p>Power: is the intensity and speed that an object is thrown or rolled.</p>			
<p>Learning Journey</p> <p>FS2 all Skills Hands Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling Combine rolling, pushing and bouncing</p> <p style="text-align: center;">↓</p> <p>Year 1 Introduce sending (bouncing) with control Introduce aiming with accuracy Introduce power and speed when sending a ball Combine sending and receiving skills</p>					
<p>Cognitive</p> <p>Pupils will develop life skills such as concentration by focusing on the ball and the target. Pupils will listen carefully and follow the instructions.</p>		<p>Social</p> <p>Pupils will develop life skills such as fairness and empathy as they encourage and support each other.</p>			
<p>Wellness</p> <p>Pupils will apply their skills with developing success as they demonstrate courage and self belief to keep working as hard as possible.</p>					
	<p>Learning Objective / Focus</p>		<p>Lesson Sequence Outline</p>		
<p>FS2</p>	<p>Session 1: LO: to explore different ways of throwing a beanbag. Focus: Explore throwing</p> <p>Session 2: LO: to explore throwing (underarm) a beanbag. Focus: Explore throwing (underarm)</p> <p>Session 3: LO: to explore throwing (overarm) a beanbag. Focus: Explore throwing (overarm)</p> <p>Session 4: LO: to explore different ways of rolling a ball using our hands. Focus: Explore rolling</p> <p>Session 5: LO: to explore different ways of stopping a ball using our hands. Focus: Explore stopping a ball (small ball)</p> <p>Session 6: LO: to explore catching a beanbag and a small ball. Focus: Explore catching</p>		<p>Overview: The unit of work will explore the different ways of throwing, rolling and stopping a ball. Pupils will start to learn why we need to aim when we are throwing and understand how to be ready to catch too.</p> <p>Physical: Pupils will develop their ability to throw, roll and stop a ball with control. Pupils will explore catching and will be ready to receive a ball.</p> <p><i>See session plans attached or log on to Complete PE to access relevant documents</i></p>		
<p>Below</p>		<p>End of unit assessment Met</p>		<p>Exceeding</p>	

