

PE

Ball Skills (Hands) KS1

Remember when

Travel in different ways (run, jump, skip, etc.)
 Handle a ball and move it in different ways (roll, bounce, throw)
 Travel in a variety of ways including running and jumping.
 Begin to perform a range of throws.
 Receive a ball with basic control
 Begin to develop hand-eye coordination
 Participate in simple games

Sticky skills

Be confident to send the ball to others in a range of ways.
 Begin to apply and combine a variety of skills (to a game situation)
 Develop strong spatial awareness.
 Begin to develop own games with peers.
 Understand the importance of rules in games.
 Develop simple tactics and use them appropriately.
 Begin to develop an understanding of attacking/defending

Key vocabulary

KS1

Batter: Batting is the skill of hitting a ball with a bat into a space to score runs. The aim of the game for the batter (attacking team) is to score as many rounders as possible.
Fielder: A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to prevent the batter from scoring.
Opponent: means a player on the other team.
Aiming: is the ability to use our bodies to direct an object towards a target. **Accuracy:** is the ability to control where we throw or roll and object.

Learning Journey

Year 1

Introduce sending with control Introduce aiming with accuracy Introduce power and speed when sending a ball Introduce/develop stopping, combining sending skills Combine sending and receiving skills



Year 2

Develop passing and receiving Combine passing and receiving, keeping possession Develop passing and receiving to score a point Combine passing and receiving to score a point

Throwing: means using your arm/hand to propel a ball with force through the air to a specific target or area. **Catching:** means holding the with our hands that is hit or thrown to us usually before it touches the ground.

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.

Attacker: We are considered an 'attacker' when we or our team are in possession or in control of the ball. **Defender:** We are considered a 'defender' when we are not in possession or in control of the ball.

Space: is an open area on the court that is unoccupied by your opponent or the defending team. **Batting:** Batting is the skill of hitting a ball with a bat into a space to score runs or rounders. The aim of the game for the batter (attacking team) is to score as many runs or rounders as possible. **Fielder:** A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to prevent the batter from scoring runs or a rounder.

Cognitive

Year 1: Pupils will develop their concentration skills as they focus on the target, their partner and the ball.

Year 2: Pupils will focus on their partner and team members developing an understanding of the consequences in a game when mistakes are made.

Social

Year 1: Pupils will develop life skills such as fairness and empathy as they work well with others, playing by the rules.

Year 2: Pupils will develop life skills such as communication and empathy as they listen to their partner and team members, working collaboratively together.

Wellness

Year 1: Pupils will develop and apply life skills such as self belief and honesty as they strive to improve their own performance, always keeping the score and playing fairly.

Year 2: Pupils will apply life skills such as self belief and integrity as they strive to improve their own performance, always keeping the score and playing fairly.

National Curriculum

Pupils should be taught to: Master basic movements including running and jumping, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.

Learning Objective / Focus

Lesson Sequence Outline

Year One

Session 1: LO: to develop bouncing (dribbling).
Focus: Develop bouncing: Introduce sending with control
Session 2: LO: to explore and develop different ways of sending a ball (passing)

Overview: The unit of work will consolidate pupil's ability to accurately roll a ball towards a target. Pupils will combine their sending and stopping skills, applying their prior knowledge of where we send a ball and why to score points to beat an opponent.

	<p>Focus: Introduce aiming with accuracy</p> <p>Session 3: LO: to develop their understanding of why we aim when sending a ball.</p> <p>Focus: Introduce power and speed when sending a ball</p> <p>Session 4: LO: to explore different ways of stopping a ball with our hands.</p> <p>Focus: Introduce stopping a ball</p> <p>Session 5: LO: to develop different ways of stopping a ball with our hands, preventing pupils from passing the ball.</p> <p>Focus: Develop stopping, combining sending skills</p> <p>Session 6: LO: to combine their sending and receiving skills to keep possession of the ball.</p> <p>Focus: Combine sending and receiving skills</p>	<p>Physical: Pupils will be able to send a ball towards a target, applying the correct technique. Pupils will aim carefully in order to score a point to beat an opponent.</p> <p><i>See session plans attached or log on to Complete PE to access relevant documents</i></p>
Year Two	<p>Session 1: LO: to be accurate when throwing.</p> <p>Focus: Develop pupils' application and understanding of underarm throwing</p> <p>Session 2: LO: to consolidate execution of an underarm throw</p> <p>Focus: Consolidate pupils' application and understanding of underarm throwing</p> <p>Session 3: LO: understanding of underarm throwing and the basic principles of attack vs defence to win a game.</p> <p>Focus: Applying the underarm throw to win a game</p> <p>Session 4: LO: to apply understanding of underarm throwing to beat their opponent.</p> <p>Focus: Applying the underarm throw to beat an opponent</p> <p>Session 5: LO: to introduce overarm throwing</p> <p>Focus: Introduce overarm throwing: Applying overarm throwing to win a game</p> <p>Session 6: LO: sequence of learning into mini games.</p> <p>Focus: Level 1 Competition</p>	<p>Overview: The unit of work will challenge pupils to apply their understanding of underarm and overarm throwing to beat their opponents. Pupils will further extend their understanding of why we need to be accurate when we throw.</p> <p>Physical: Pupils will be able to throw accurately underarm and execute a developing understanding of overarm throwing, in order to beat an opponent.</p> <p><i>See session plans attached or log on to Complete PE to access relevant documents</i></p>
Working towards	End of unit assessment Working at Age related expectations	Working at a greater depth