

# PE

## Ball Skills (Rackets Bats and Balls) 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

**Dribbling:** is a method of moving with the ball. The attacker in possession of the ball uses their racket to push the ball around in order to move around the space.  
**Accuracy:** is the ability to control where we are pushing or hitting the ball with our racket. Defender: We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to try and prevent the attackers from scoring.  
**Hitting:** means striking the ball with a racket with the purpose towards a target.  
**Power:** is the intensity and speed that we hit a ball with our racket.  
**Attacker:** We are considered an 'attacker' when we are in possession of the ball or in control of the ball. Our aim is the keep the ball away from the defenders.  
**Control:** means keeping the ball close to us when we are dribbling or pushing with our racket.  
 Possession is when we have physical control of the ball.  
**Batting:** 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 runs 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 keep the batters score as low as possible.

### Learning Journey

#### Year 1

Explore pushing (dribbling) a ball with a racket Explore hitting a ball (with a racket) towards a target Explore hitting a ball (with a racket) with power and accuracy



#### Year 2

Combine hitting a ball with accuracy and power Explore hitting a ball with accuracy and power to beat an opponent Introduce hitting a ball into a space

### Cognitive

**Year 1:** Pupils will understand the meaning of aiming and power and understand how to utilise these skills in order to be successful.

**Year 2:** Pupils will understand why it is so important to hit the ball into space and apply this understanding as the outfit their opponents.

### Social

**Year 1:** Pupils will develop life skills such as fairness and empathy as they listen to others and work collaboratively together.

**Year 2:** Pupils will continue to develop life skills such as fairness and empathy as they work together ensuring everyone in the group or team is involved.

### Wellness

**Year 1:** Pupils will apply life skills such as self belief and integrity as they strive to improve their own performance, even if they find it challenging.

**Year 2:** Pupils will show determination and self motivation as they strive to improve and show a positive attitude in their learning.

### 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:explore moving the ball using the racket, beginning an understanding of how and why we keep the ball close and controlled.

**Focus:** Explore pushing (dribbling) a ball with a racket: Sharing our ideas

**Session 2:** LO:to develop an understanding of why moving a ball into a space is so important.

**Overview:** The focus of the learning is for pupils to develop their ability to keep a ball controlled using a racket. Pupils will also explore and develop their hitting (pushing) skills using a ball and a racket accurately. Pupils will apply their understanding of accuracy and space in a variety of games.

	<p><b>Focus:</b> Develop pushing (dribbling) a ball with a racket: Introducing control</p> <p><b>Session 3:</b> LO: to apply their understanding of why moving a ball into a space is so important to evade defenders.</p> <p><b>Focus:</b> Refine pushing (dribbling) a ball with a racket: Applying learning</p> <p><b>Session 4:</b> LO: to understand why we need to aim at a target when hitting (pushing) the ball.</p> <p><b>Focus:</b> Explore hitting and develop pushing a ball (with a racket) towards a target</p> <p><b>Session 5:</b> LO: to understand of the importance of being accurate as they apply their skills.</p> <p><b>Focus:</b> Explore hitting a ball (with a racket) with power</p> <p><b>Session 6:</b> LO: the understanding of accuracy in a variety of games.</p> <p><b>Focus:</b> Explore hitting a ball (with a racket) with accuracy</p>	<p><b>Physical:</b> Pupils will be able to push (hit) their ball towards a target, varying the power they apply based on the distance of the target.</p> <p><i>See session plans attached or log on to Complete PE to access relevant documents</i></p>
<p><b>Year Two</b></p>	<p><b>Session 1:</b> LO: to work with a partner and then against their partner as they become opponents.</p> <p><b>Focus:</b> Extend hitting the ball (with a racket) with accuracy</p> <p><b>Session 2:</b> LO: consider the application of power as they attempt to hit targets that are of varying distances away.</p> <p><b>Focus:</b> Combine hitting a ball (with a racket) with accuracy and power</p> <p><b>Session 3:</b> LO: to consider the application of power and their developing tactical thinking skills to eventually beat an opponent.</p> <p><b>Focus:</b> Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent</p> <p><b>Session 4:</b> LO: to understand why in certain games, hitting into space is essential in order to score points against the opposing team.</p> <p><b>Focus:</b> Introduce hitting (sending/striking) a ball into a space: Where and why?</p> <p><b>Session 5:</b> LO: To begin to understand why in certain games, hitting into space is essential in order to score points against the opposing team.</p> <p><b>Focus:</b> Introduce hitting (sending/striking) a ball into a space: Where and why?</p> <p><b>Session 6:</b> LO: to score points against the opposing team.</p> <p><b>Focus:</b> Striking the ball (with a bat) into space</p>	<p><b>Overview:</b> The focus of the learning is for pupils to refine their understanding of how they can use their hitting (striking) skills to send the ball into space in order to win a game. Pupils will refine this understanding of why in certain games, hitting into space is essential in order to score points against the opposing team.</p> <p><b>Physical:</b> Pupils will be able to use a bat safely to strike (hit) their ball into space, directing the ball away from fielders.</p>
<p>Working towards</p>	<p><b>End of unit assessment</b> Working at Age related expectations</p>	<p>Working at a greater depth</p>