



<b>P.E.</b>	<b>Games</b> Sending and Receiving	<b>Year 1</b>	<b>Spring Term 2</b>
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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

Explore ways of sending and receiving objects by rolling; track a rolling object; describe what they are doing and suggest new ideas.

develop a good rolling action; roll towards a target; take turns playing a game in a group

use basic underarm throwing skills; develop catching skills; describe the rules of a game

practise and improve our throwing and catching skills; play a 1v1 aiming game.

send a ball by kicking; stop and control a ball using our feet

practice controlling the ball with our feet; improve our aiming skills; use our kicking skills to score a goal.

## 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

