

Year 1: Physical Education –

Autumn 1: MultiSkills- Balance + Ball

What will I learn?

You will learn to master important movement skills such as:

- jumping
- running
- throwing
- catching
- rolling.

We will work together to develop your confidence, competence, precision and accuracy.

Key words: roll, **balance**, jump, **control**, bend, climb, **safely**, crawl, **coordination**, throwing, **confidence**, catching, **agility**, core muscles

Activity: You will need a partner and something you can throw- ball, beanbag, teddy.

Start 2 steps apart.

Face each other and throw your object.

If your partner catches it they move 1 step back.

When they throw it back to you if you catch it take 1 step back.

See how far apart you can get before dropping the object.

Was it easier or harder the further apart you got?

THROWING AND CATCHING CUES

UNDERHAND THROW

SWING - STEP - THROW
STEP WITH YOUR OPPOSITE FOOT



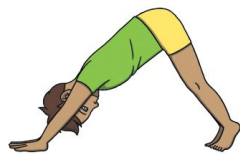
OVERHAND THROW

SIDE TO TARGET
UPPERCASE 'L'
STEP - TWIST - THROW
STEP WITH YOUR OPPOSITE FOOT



CATCHING

READY POSITION - HANDS UP - REACH, GRAB, GIVE
OVER BELLY BUTTON - THUMBS TOGETHER
UNDER BELLY BUTTON - PINKIES TOGETHER



downward facing dog pose



shoulder stand pose



tree pose

HAVE A GO!

Key Questions:

How can I control a ball when I bounce/roll & throw it?

What parts of my body do I use to throw a ball?

What parts of my body do I use to kick a ball?

What helps me to balance?



Year 1: Physical Education Autumn

2: Hockey + Tennis

Key Questions:

If you were showing a reception child how to dribble the ball between the cones, how would you explain it?
How do I need to hold a tennis racket/hockey stick to be able to control it well?
Why is it important to control the racket/stick when I play sport?

What will I learn? You will begin to learn the foundation skills required to play tennis and hockey.
We will work together learning how control a ball using a tennis racket or hockey stick.
You will begin to learn that games involve strategy.

- Hold the stick with your hands apart.
- The ball should be out in front of you and in line with your right foot.
- Keep your stick out in front of you.
- Keep your knees bent.
- Keep your head up.
- Try not to let the ball leave your stick.



Activity: Set up an obstacle course and practice weaving in and out of cones. Can you make it into a game with a partner?
Develop your dribbling skills using a hockey stick-household objects work brilliantly for this. A broom or mop pushing an item along. Cones can be replaced with shoes!

Key words: Hockey stick, tennis racket, ball, net, goal, weave, stop, push, dribble, pass **Technique, decision making, tactical awareness**

