



Physical Education

Ball Skills Hands 2 Year 1

Unit Purpose

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.

Inspire Me

Did you know... in ten pin bowling the most points you can score is 300, this is known as the 'perfect game'. As of 2021 there have been only 37 officially certified 'perfect games'.



Key Success Criteria

- P** 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.
- C** Pupils will develop their concentration skills as they focus on the target, their partner and the ball.
- S** Pupils will develop life skills such as fairness and empathy as they work well with others, playing by the rules.
- W** 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.

Vocabulary for Learning

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.



Sport Specific Vocabulary

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.

Self Belief

Apply underarm throws to beat an opponent

Introduce throwing with accuracy

Empathy

Applying underarm throws to win a game

Extend throwing with accuracy

Application of underarm throwing

Transition to Year 2

Fairness

Apply throwing with accuracy

Honesty

Stopping a small ball

Concentration

Develop sending skills to score a point

Year 1 Learning Journey