



Physical Education

Rackets, Bats and Balls Year 1

Unit Purpose

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.

Inspire Me

Did you know... that the world record for the longest time to keep a tennis ball under control on a racket (most bounces) is a whopping 5 hours, 1 minute and 8 seconds.



Key Success Criteria

- P** Pupils will be able to push (hit) their ball towards a target, varying the power they apply based on the distance of the target.
- C** Pupils will understand the meaning of aiming and power and understand how to utilise these skills in order to be successful.
- S** Pupils will develop life skills such as fairness and empathy as they listen to others and work collaboratively together.
- W** 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.

Vocabulary for Learning

Possession is when we have physical control of the ball.

Control: means keeping the ball close to us when we are dribbling or pushing 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 to keep the ball away from the defenders.

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.



Sport Specific Vocabulary

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.

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.

Fairness

Hitting a ball (with a racket) with accuracy and power to beat an opponent

Explore pushing (dribbling) a ball with a racket

Integrity

Combine hitting a ball (with a racket) with accuracy and power

Refine pushing (dribbling) a ball with a racket

Transition to Year 2

Extend hitting the ball (with a racket) with accuracy

Empathy

Develop pushing (dribbling) a ball with a racket: Introducing control

Concentration

Explore hitting and develop pushing a ball (with a racket) towards a target

Self Belief

Explore hitting a ball (with a racket) with power

Year 1 Learning Journey