



Links to the PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Pupils should be taught to 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.

Examples of games that use ball skills

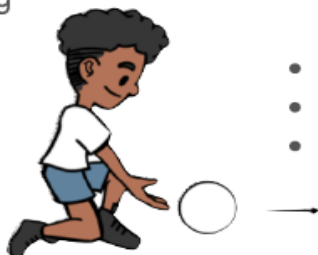
Target Games	Invasion	Striking & Fielding	Net & Wall
Boules	Netball		
Boccia	Football	Rounders	Tennis
New Age Kurling	Tag Rugby	Cricket	Volleyball
Dodgeball	Handball	Baseball	Badminton
	Basketball		

Key Vocabulary:

Encourage pupils to use this language in your lessons.

Key Skills: Physical

- Rolling
- Kicking
- Throwing
- Catching
- Bouncing
- Dribbling
- Tracking



Key Skills: S.E.T

- Social: Co-operation
- Social: Communication
- Social: Leadership
- Social: Supporting others
- Emotional: Honesty
- Emotional: Perseverance
- Emotional: Challenging myself
- Thinking: Using tactics
- Thinking: Exploring actions
- Thinking: Comprehension

Year 1

- Far
- Aim
- Balance
- Throw
- Roll
- Catch
- Bounce
- Send

Teacher Glossary

Dribble: To move the ball using your feet or your hands.

Track: To track is when a player moves their body to get in line with a ball that is coming towards them.

Send: To pass to someone with using either your feet or hands.

Receive: To collect or stop a ball that is sent to you using either your hands or feet.

Where this unit sits



Assessment Criteria

EYFS Early Learning Goals

- Physical: I can handle equipment effectively.
- Physical: I can move confidently in a range of ways.
- Physical: I can safely negotiate space.
- Physical: I can show good control and co-ordination in small and large movements.
- Physical: I can talk about ways to keep healthy and safe.
- Physical: I know the importance for good health and physical exercise.
- Social: I am sensitive to others' feelings.
- Social: I play co-operatively, taking turns.
- Emotional: I am confident to try new activities.
- Emotional: I ask for help if needed.
- Thinking: I can talk about my own ideas and use them in response to a task.
- Thinking: I understand and follow rules.

Year 1

- I am beginning to catch with two hands.
- I am beginning to dribble a ball with my hands and feet.
- I am beginning to understand simple tactics.
- I can recognise changes in my body when I do exercise.
- I can roll and throw with some accuracy towards a target.
- I can say when someone was successful.
- I can track a ball that is coming towards me.
- I can work co-operatively with a partner.

Year 2

- I am beginning to provide feedback using key words.
- I am beginning to understand and use simple tactics.
- I can describe how my body feels during exercise.
- I can dribble a ball with my hands and feet with some control.
- I can roll and throw a ball to hit a target.
- I can send and receive a ball using both kicking and throwing and catching skills.
- I can track a ball and collect it.
- I can work co-operatively with a partner and a small group.

Progression of Skills Ladder

<p>Sending</p> <p>Roll, throw and kick a ball to hit a target.</p>	<p>Catching</p> <ul style="list-style-type: none"> • Develop catching a range of objects with two hands. • Catch with and without a bounce. 	<p>Year 2</p>	<p>Tracking</p> <p>Consistently track and collect a ball being sent directly.</p>	<p>Dribbling</p> <p>Dribble a ball with hands and feet with some control.</p>
<p>Sending</p> <p>Roll and throw with some accuracy towards a target.</p>	<p>Catching</p> <ul style="list-style-type: none"> • Begin to catch with two hands. • Catch after a bounce. 	<p>Year 1</p>	<p>Tracking</p> <p>Track a ball being sent directly.</p>	<p>Dribbling</p> <p>Begin to dribble with hands and feet.</p>
<p>Sending</p> <p>Explore sending an object with hands and feet.</p>	<p>Catching</p> <p>Explore catching using a variety of larger balls and beanbags.</p>	<p>EYFS</p>	<p>Tracking</p> <p>Explore stopping a ball with hands and feet.</p>	<p>Dribbling</p> <p>Explore bouncing and catching.</p>