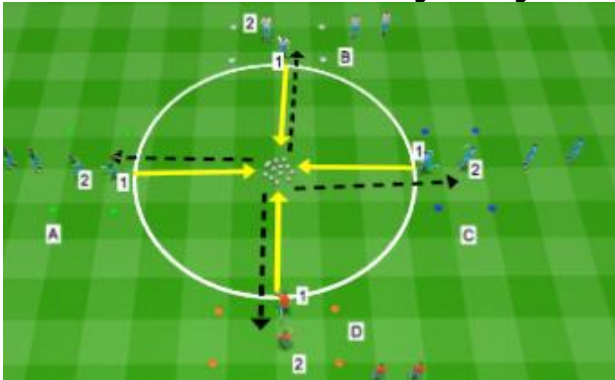
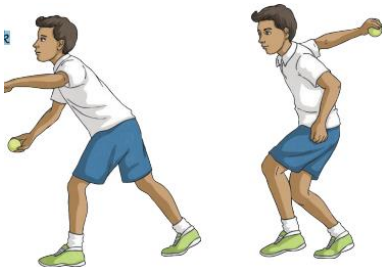




KS1 Autumn PE - Ball Skills



Topic	Knowledge - Children will learn	Children will be able to...	Prior Knowledge
Robin Hood	Children will roll a ball at a range of targets	Roll a ball at a range of targets Children will be able to carry out the correct motion when rolling a ball including: 1. Step forward with the opposite leg 2. Backswing with the ball 3. Continuous motion forward releasing the ball close to the surface 4. Allow arm to follow through aiming towards the target 	Rolling, different sized balls, targets
Bread & Butter	Children will be able to throw/ catch a ball	Complete a simple underarm throw and 2 handed catch. Children will look at the correct technique used when completing an underarm throw 1. Start by facing the direction you are throwing. 2. Hold your throwing arm straight behind your body 3. Swing your arm forward to the front of your body whilst transferring the weight of your back leg to your front leg. 4. Release the ball at waist height whilst focusing on your target. 	



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Target Ball	Children will throw a ball from different distances/ heights	Children will look at the correct technique used when completing an underarm throw 1. Eyes focused on the ball. 2. Feet move to place body in line with ball. 3. Hands move to meet the object. 4. Hands and fingers relaxed and slightly cupped to catch the ball. 5. Catches and controls the ball with hands only (well timed closure) 6. Elbows bend to absorb the force of the ball. Children will complete an underarm throw from different distances and aiming at different heights. During the lesson, the children will carry out underarm throws at the target ring using velcro balls. The distances that the children throw from will vary as well as the height of the target ring. Teaching points will be used from previous lessons as well as new points including: 1. Speed of the swing to generate more power 2. Releasing the ball at different heights dependant on where the target ring is Children will complete an underarm throw using a bean bag from different distances whilst working as a team. Children will work in teams to throw bean bags into different hoops. The children will work as a team with different hoops being worth different points. The children will be reminded of the points taught in different lessons as well as what skills are needed to work as a team. The children will be given a whiteboard and a pen to keep their own score which incorporates elements of maths into the lesson.	
Bean bag & hoop	Children will throw a bean bag from different distances whilst working as a team	 	



KS1 Autumn PE - Ball Skills



Keywords

Early Years key words		Year 1 Key words	Year 2 Key words	Year 3 Key words	Year 4 Key words
run	space	far	overarm	track	release
stop	catch	aim	collect	receive	select
throw		safely	target	chest	control
roll		direction	underarm	shoulder	consistently
team		balance	dribble	overhead	technique
kick		send	distance	accurate	perseverance

General Key words

throwing	catching	eye contact	ball	focus	control	2 handed catch
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