

Year 1 Games 1

National Curriculum objectives

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. Participate in team games, developing simple tactics for attacking and defending.

Key Learning

- Develop spatial awareness whilst moving in different directions.
- Show control and balance in basic movements.
- Move in different directions whilst handling a ball.
- Develop control and accuracy when rolling a ball.
- Underarm throw with control and accuracy.
- Send and receive a bouncing ball whilst positioning body correctly.

Equipment

- Spots/circular mats.
- Hurdles.
- Class set of cones/tall cones.
- Beanbags.
- Hoops.
- Tennis balls/Sponge balls/Large balls/Soft balls.
- Skipping ropes.
- Benches.
- Tennis nets x 2.

Key Questions

What do you need to think about when you are catching a ball?

What are some of the different ways to throw a ball?

What are you focusing on when you throw or roll a ball so it reaches it's target

What is the difference between underarm throwing and rolling?

Key Vocabulary

Accuracy: Being able to throw and hit the ball making sure it gets to the location the player is aiming for.

Aiming: Preparing to throw or hit the ball towards a given target or in a specific direction.

Balance: To stay still and steady in a position or shape. To keep steady on your feet while moving and performing skills.

Bouncing: moving the ball quickly up, back, or away from a surface after hitting it.

Catching: Grabbing or capturing the ball in your hand.

Change direction: Move in a different direction or pathway than the one you were going.

Control: To perform movements and skills without losing your balance.

Handling: Grasping or holding the ball using the hands.

Pathways: The course or route you want to move in or send the ball in.

Receiving: When the ball is passed, rolled or thrown to you and you are able to stop it.

Rolling: when a ball or other equipment moves across the ground, turning over and over and over...

Sending: To roll, throw or move the ball to another player.

Space: The area to move around and perform your skills in.

Stop: To impede the movement of the ball so that it stops moving.

Target: A mark which is aimed at when throwing, rolling or passing a ball accurately.

Throwing: Pass the ball to another player either underarm or overarm.

Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- Wear suitable footwear
- Use correct techniques
- Complete a warm-up and cool-down