

Year 1 Games 2

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

- Carry and balance equipment whilst changing speed and direction
- Show control and accuracy when throwing and aiming.
- Gain rhythm when throwing and striking a ball.
- Strike and kick a moving ball with accuracy and control
- Understand the concept of dribbling and the skills required.
- Engage in team games

Equipment

- Cones/Large cones.
- Tennis balls/soft balls/Footballs/Basketballs.
- Tennis rackets.
- Bean bags.
- Hoops.
- Buckets.
- Skipping ropes.
- Cricket stump.
- Batting tee.
- Benches.

Key Questions

What are you focusing on when you strike or kick a ball so it reaches a target

What does you need to think about when you are dribbling a ball?

What is the best part of the racket to hit a ball accurately?

How do you work together as a team to score points in a game?

Key Vocabulary

- Aiming:** Preparing to throw or hit the ball towards a given target or in a specific direction.
- Balancing:** To stay still and steady in a position or shape. To keep steady on your feet while moving and performing skills.
- Catching:** Grabbing or capturing the ball in your hand.
- Control:** To perform movements and skills without losing your balance.
- Direction:** The course along which someone or something moves.
- Dribbling:** The act of bouncing the ball continually.
- Hitting:** To strike the ball with a bat or racket.
- Kicking:** striking or propelling a ball forcibly with the foot.
- Losing:** When your team doesn't score as many points as the other team.
- Passing:** Sending the ball to another player by throwing, bouncing or kicking.
- Points:** The unit of scoring in a game.
- Racket face:** The flat stringed section of a tennis racket.
- Rebound:** To hit a ball onto a surface so it bounces or springs back.
- Sideways:** Turning your body so you are facing side on ready to hit a ball with a racket.
- Stopping:** Impeding the movement of the ball so that it stops moving.
- Striking:** Hitting the ball with a bat or racket.
- Teamwork:** Working together and supporting other members of your team in a game.
- Throwing:** Pass the ball to another player either underarm or overarm.
- Underarm:** A throw or stroke with a racket with the arm or hand below shoulder level.
- Winning:** To succeed in a game by using your best effort.

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