



# Physical Education

Rackets, Bats, Balls  
and Balloons Foundation

## Unit Purpose

The focus of learning is for pupils to **explore** different ways of **pushing/hitting** a balloon. Pupils will understand why we need to push/hit a balloon with **accuracy** and **control**.

Pupils will develop their ability to **balance** an object using a racket/bat.

## Inspire Me

**Did you know...** that the world record for two people keeping one balloon in the air is currently 2 hours 1 minute and 3 seconds. The current world record for one person keeping three balloons in the air is 1 hour 12 minute and 50 seconds.



## Key Success Criteria

- P** Pupils will be able to push/hit their balloon with both hands, keeping control. Pupils will also be able to balance their object on their racket/bat.
- C** Pupils will be able to focus on the balloon /object and use their rackets/bats safely. Pupils will understand why we send the balloon into space when hitting.
- S** Pupils will show a developing understanding of fairness and empathy as they play by the rules and encourage others.
- W** Pupils will apply life skills such a self belief and courage as they try new skills and work hard to improve their control.

## Vocabulary for Learning

**Accuracy:** is the ability to control where we push/hit (send) our balloon.

**Space:** is an open area that is unoccupied by another player.

**Control:** means keeping the balloon close to us, preventing it from touching the floor.

**Power:** is the intensity and speed that we hit our balloon in the air or towards a target.

**Aiming:** is the ability to use our hands to direct our balloon in the air or towards a target.

**Score:** is the number of points achieved in a game or by an individual, pair or team.



## Sport Specific Vocabulary

**Hitting:** means striking the balloon with our hand with purpose. The person hitting the balloon will strike the balloon with their hands towards a target or towards an open space.

**Pushing:** is a method of sending our balloon using our hands. The person pushing the balloon will extend their hands away from their body to direct the balloon in the air, towards a target or towards an open space.

### Empathy

**Explore** pushing (dribbling) a ball with a racket

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

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

Transition to Year 1

**Explore** pushing/hitting a balloon with control

**Explore** sending a balloon with accuracy

Foundation Learning Journey

### Fairness

### Concentration

### Courage

**Taking turns:** Develop pushing/hitting (sending) a balloon with a partner

**Explore** hitting a balloon with power into space

**Explore** balancing an object on a racket/bat



# 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

### Year 1 Learning Journey

### 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



# Physical Education

Rackets, Bats and Balls Year 2

## Unit Purpose

The focus of the learning is for pupils to **refine** their understanding of how they can use their **hitting (striking)** skills to send the ball into space in order to win a game.

Pupils will refine this understanding of why in certain games, **hitting into space** is essential in order to score points against the opposing team.

## Inspire Me

**Did you know...** that the fastest serve (hitting a tennis ball) ever recorded is 163.7 mph by Sam Groth of Australia. This is equivalent to the same speed as a helicopter flying in the sky.



## Key Success Criteria

- P** Pupils will be able to use a bat safely to strike (hit) their ball into space, directing the ball away from fielders.
- C** Pupils will understand why it is so important to hit the ball into space and apply this understanding as they outwit their opponents.
- S** Pupils will continue to develop life skills such as fairness and empathy as they work together ensuring everyone in the group or team is involved.
- W** Pupils will show determination and self motivation as they strive to improve and show a positive attitude in their learning.

## Vocabulary for Learning

**Attacker:** We are considered an 'attacker' when we are in possession of the ball or in control of the ball. Our aim is the keep or direct 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.

**Opponent:** means a player on the other team.

**Accuracy:** is the ability to control where we are pushing or hitting the ball with our racket or bat.

**Power:** is the intensity and speed that we hit a ball with our racket or bat



## Sport Specific Vocabulary

**Batting:** Batting is the skill of hitting a ball with a bat into a space to score runs. The aim of the game for the batter (attacking team) is to score as many runs as possible.

**Fielder:** A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to keep the batters score as low as possible.

