



# Physical Education

## Ball Skills Hands 2 Foundation

### Unit Purpose

The unit of work will **explore** the different ways of **throwing, rolling** and **stopping** a ball.

Pupils will start to learn why we need to aim when we are throwing and understand how to be ready to catch too.

### Inspire Me

**Did you know...** sports such as cricket and rounders require you to catch the ball to stop the batter from scoring points. The most catches taken by a cricketer is **532** by Mark Boucher a South African wicket keeper.



### Key Success Criteria

- P** Pupils will develop their ability to throw, roll and stop a ball with control. Pupils will explore catching and will be ready to receive a ball.
- C** Pupils will develop life skills such as concentration by focusing on the ball and the target. Pupils will listen carefully and follow the instructions.
- S** Pupils will develop life skills such as fairness and empathy as they encourage and support each other.
- W** Pupils will apply their skills with developing success as they demonstrate courage and self belief to keep working as hard as possible.

### Vocabulary for Learning

**Control:** means keeping the ball close to us when we are dribbling, preventing the defenders from gaining possession.

**Accuracy:** is the ability to control where we throw or roll and object.

**Aiming:** is the ability to use our bodies to direct an object towards a target.

**Distance:** is defined as the length of space between two points. This usually means how far an object has been thrown.

**Power:** is the intensity and speed that an object is thrown or rolled.



### Sport Specific Vocabulary

**Throwing:** means using your arm/hand to propel a ball with force through the air to a specific target or area.

**Catching:** means holding the ball with our hands when it is hit or thrown to us, usually before it touches the ground.

**Rolling:** is a method of sending the ball along the floor. A ball can be rolled using our hands towards a target or our partner.

**Stopping:** is a fielding method used by a fielder to prevent the ball going past them.

#### Honesty

**Extend** throwing with accuracy

**Explore** throwing overarm

#### Fairness

**Apply** throwing with accuracy

**Explore** stopping a small ball

#### Transition to Year 1

**Introduce** throwing with accuracy

Foundation Learning Journey

#### Empathy

**Explore** throwing underarm

#### Concentration

**Explore** rolling

#### Courage

**Explore** catching



# Physical Education

## Ball Skills Hands 2 Year 1

### Unit Purpose

The unit of work will **consolidate** pupil's ability to **accurately** roll a ball towards a target.

Pupils will combine their **sending** and **stopping** skills, applying their prior knowledge of where we send a ball and why to score points to beat an opponent.

### Inspire Me

**Did you know...** in ten pin bowling the most points you can score is 300, this is known as the 'perfect game'. As of 2021 there have been only 37 officially certified 'perfect games'.



### Key Success Criteria

- P** Pupils will be able to send a ball towards a target, applying the correct technique. Pupils will aim carefully in order to score a point to beat an opponent.
- C** Pupils will develop their concentration skills as they focus on the target, their partner and the ball.
- S** Pupils will develop life skills such as fairness and empathy as they work well with others, playing by the rules.
- W** Pupils will develop and apply life skills such as self belief and honesty as they strive to improve their own performance, always keeping the score and playing fairly.

### Vocabulary for Learning

**Batter:** 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 rounders 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 prevent the batter from scoring.

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

**Aiming:** is the ability to use our bodies to direct an object towards a target.

**Accuracy:** is the ability to control where we throw or roll and object.



### Sport Specific Vocabulary

**Throwing:** means using your arm/hand to propel a ball with force through the air to a specific target or area.

**Catching:** means holding the ball with our hands when it is hit or thrown to us, usually before it touches the ground.

**Rolling:** is a method of sending the ball along the floor. A ball can be rolled using our hands towards a target or our partner.

#### Self Belief

Apply underarm throws to beat an opponent

Introduce throwing with accuracy

#### Fairness

Apply throwing with accuracy

#### Empathy

Applying underarm throws to win a game

Extend throwing with accuracy

#### Honesty

Stopping a small ball

#### Concentration

Develop sending skills to score a point

Transition to Year 2

Year 1 Learning Journey



# Physical Education

## Ball Skills Hands 2 Year 2

### Unit Purpose

The unit of work will challenge pupils to apply their understanding of **underarm** and **overarm throwing** to beat their opponents.

Pupils will further extend their understanding of why we need to be accurate when we throw.

### Inspire Me

**Did you know...** the world record for throwing a cricket ball stands at 128.6metres - that's an incredible 140 yards and two feet.



### Key Success Criteria

- P** Pupils will be able to throw accurately underarm and execute a developing understanding of overarm throwing, in order to beat an opponent.
- C** Pupils will focus on their partner and team members developing an understanding of the consequences in a game when mistakes are made.
- S** Pupils will develop life skills such as communication and empathy as they listen to their partner and team members, working collaboratively together.
- W** Pupils will apply life skills such as self belief and integrity as they strive to improve their own performance, always keeping the score and playing fairly.

### Vocabulary for Learning

**Attacker:** We are considered an 'attacker' when we or our team are in possession or in control of the ball.

**Defender:** We are considered a 'defender' when we are not in possession or in control of the ball.

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

**Space:** is an open area on the court that is unoccupied by your opponent or the defending team.



### Sport Specific Vocabulary

**Throwing:** means using your arm/hand to propel a ball with force through the air to a specific target or area.

**Catching:** means holding the ball with our hands when it is hit or thrown to us, usually before it touches the ground.



#### Respect

Level 1 tournament

**Develop** application and understanding of underarm throwing

#### Empathy

**Consolidate** application and understanding of underarm throwing

#### Communication

**Consolidate** how to win a game

**Apply** underarm throwing to win a game

#### Concentration

**Apply** underarm throwing to beat an opponent

#### Self Belief

**Apply** overarm throwing to win a game

Transition to Year 3

Year 2 Learning Journey