



Subject: PE **Topic:** Ball Skills **Year Group:** Year 1

What I should already know:

- To have a go at throwing, catching and kicking.
- To move with, balance and roll a ball.
- To use space safely, avoiding others.
- To explore what I can do with equipment
- To use my hands and feet to move equipment
- To collect a moving or still object

Vocabulary:

Bounce, throw, catch, movement, send, receive, travel, dribble, steer, kick, stop, roll, left, right, accurate, challenge, easier, harder, one hand, two hands, walk, run, balance, hit, pat, tap, in front, up, down, pull into chest, copy, control, cooperate, coordination, target, aim.

What I will know by the end of the unit:

- To send equipment in different ways e.g. underarm throwing, rolling, balancing, kicking and hitting skills
- To use a range of equipment in different ways
- To dribble using hands and feet
- To intercept, retrieve, catch, receive or stop a moving object
- To move in line to retrieve or receive a ball
- To begin to play games in pairs and aim at targets
- To describe what myself or others are doing

Activities I can take part in to achieve my objectives:

- Individual and paired activities involving: rolling, throwing, catching, sending, receiving, dribbling, patting, bouncing, kicking, stopping and balancing different equipment
- Target games
- Discussion about how things can be made easier/harder
- Learning how to work with a partner
- Exploring what they can do on their own, share with others, do together