



Subject: PE Topic: Games (throw, catch, aim) 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
- to use skills I have learnt in team games
- to make up games using my own ideas
- to begin to play games with others

Vocabulary:

send, receive, underarm, overarm, throw, catch, roll, pass, react, accurate, aim, point, target, bounce, direction, opposite, travel, release, balance, weight, trap, stop, move, fair play, rules.

What I will know by the end of the unit:

- To throw, catch and aim using different equipment
- Use one hand to throw
- Throw, roll, bounce and kick to aim, hit a target or score a goal
- To move safely and actively in space
- To work with a partner
- To change rules to make a game or activity easier or harder

Activities I can take part in to achieve my objectives:

- Individual and partner activities
- Games involving aiming, targets and goals including those made up as individuals or in pairs
- Teaching of specific techniques