

Year: 1

Subject: P.E.

Focus: Send & Return

Term: Summer Unit 1



What should I already know?

Pupils will have used a variety of balls, beanbags, bats and markers. Mastered basic running movements in different directions.

By the end of the unit I should know

Able to send an object with increased confidence using hand or bat. Move towards a moving ball to return. Sending and returning a variety of balls.

Equipment

A variety of balls, a variety of bats/racquets, cones, hoops, targets, button cones, quoits, balloons.

Rules

- Stop the ball from bouncing twice on your side of the net.
- If the ball bounces twice in your opposition's side of the court, you win a point.
- The ball must land within the boundary of the court.

Vocabulary

Sliding and receiving a ball/beanbag.	Hit, send, collect, stop, net, throw, roll, strike, catch, bowl, feed, pick up, batter, hitter, forehand, backhand, court.
Explore different ways of sending a ball.	
Moving towards and returning balls.	
Work with a partner to receive and return.	
Scoring points against opposition .	

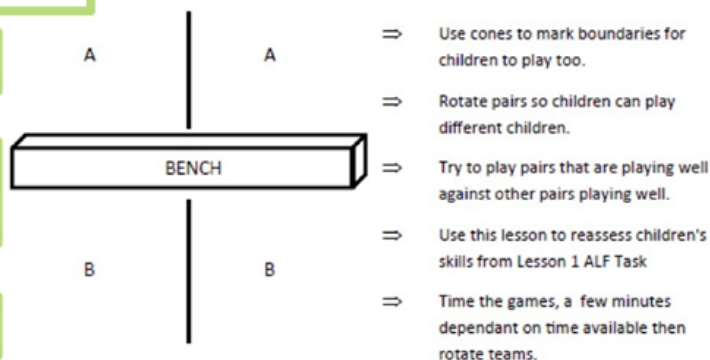
Key Questions

1. How do you get accuracy in your hits/throws?
2. Where do you need to be to return a ball? (behind the ball)
3. What do you need to do to get behind the ball?

Head: Identify space to send a ball into.

Hand: Move towards a moving ball to return with hand or bat.

Heart: Work with a partner to send and return.



Year: 1

Subject: P.E.

Focus: Run Jump Throw

Term: Summer Unit 2



What should I already know?

Begun to link running and jumping. Learnt and refined a range of running. Developed throwing techniques to throw over longer distances.

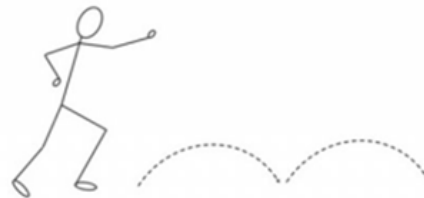
Equipment

variety of balls, hoops, bean bags, quoits, throw down markers, foam javelins, balloons, stopwatch, measuring tape, skipping ropes.

By the end of the unit I should know

Increase stamina and core strength. Work collaboratively on more complex tasks. Work to improve strength, balance, agility and coordination.

3/5 Strides



Vocabulary

Agile Movements.	Run, hop, skip, step, sideways, throw, slow, medium, link, skipping, power, track, relay, tag, partner, sprint.
Negotiating Obstacles.	
Jumping.	
Bounding.	
Starting Positions.	

Head: Select correct skill for the situation.

Hand: Developed agility and coordination to take part in a range of activities.

Heart: Participate as part of a team.

Key Questions

1. What does it mean to run a lap?
2. What is your preferred type of jump or bound?
3. What is stamina?

Rules

- Waiting for your turn.
- Distance in measured from start line to back of heel.
- Keeping within your own lane.

