

Caroline Haslett Primary School - PE

Topic: Games

Year 1

Multi-Skills

Knowledge

- Understands how to pick up and throw a ball in one motion
- Understands the techniques for shooting accurately to a target
- Understands the techniques for throwing and receiving different equipment
- Understands stacking and defending principles

Activities

- Aiming games
- Catching competitions
- Movement games Traffic lights

Skills

- To develop basic sending and receiving techniques
- To develop balance, agility and coordination
- To link sending and receiving skills with balance, agility and coordination
- To travel in different ways showing clear transitions

Vocabulary

Travelling skills

Running, hopping, skipping

Sending skills

Rolling, kicking, throwing

Receiving skills

Catching, picking up



- To use a variety of equipment safely and correctly

Games - striking and fielding, net and wall and invasion progression

Year 1

Send and receive with hands and feet, bouncing with control

Move whilst changing direction and speed

Develop moving the ball, using their feet with power and speed

Show control and accuracy with basic actions for rolling, throwing, striking and kicking

To aim with increased accuracy

Choose and use a technique for aiming and hitting into space with accuracy

Explore kicking (passing) and apply this to score a point

Use skill decisions in different ways to try and win by responding to their opponent

Introduce sending with control.

Introduce aiming with accuracy.

Introduce power and speed when sending a ball.

Introduce and develop stopping, combining sending skills.

Combine sending and receiving skills.