

Year 1 Ball Skills Curriculum Link: Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities		
Key Information	Learning	Key PE Skills
Unit	Previous Learning	Competing and Performing
Subject Name: PE Year Group: 1 Term: 2 (H1) Unit Name: Ball Skills	Physical Development <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Show increasing control over an object in pushing, patting, throwing, catching or kicking it. Personal, Social and Emotional Development <ul style="list-style-type: none"> Work and play cooperatively and take turns with others Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. Other <ul style="list-style-type: none"> Create a short sequence of movements. Roll in different ways with control. Travel in different ways. Stretch in different ways. Jump in a range of ways from one space to another with control. Begin to balance with control. 	<ul style="list-style-type: none"> Engage in competitive activities and team games.
Big Ideas	Year 1 Learning	Health and Fitness & Preparation
To develop ball skills like throwing, catching, rolling, hitting a target, dribbling and kicking.	<ul style="list-style-type: none"> Develop control and accuracy when throwing to a teammate. Develop the bounce and chest pass. To identify the importance of having hands ready to catch (w shape). Make simple decisions about when/where to move to receive a ball. Develop control when sending ball towards a target. Develop control when dribbling a ball with feet. Develop control when kicking a ball, using some correct technique i.e. inside foot. Develop control when dribbling with hands. Identify that dribbling can use both hands (not simultaneously). 	<ul style="list-style-type: none"> Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy.

		<ul style="list-style-type: none"> • Throw underarm and overarm. • Throw a ball towards a target with increasing accuracy. • Improve the distance they can throw by using more power. 	
Key Information		Learning	Key PE Skills
Vocabulary		Future Learning:	Evaluation and Communication
attack defend shoot hit throw catch net space	racket warm-up cool-down score pass dribble kick score	<ul style="list-style-type: none"> • Develop control when dribbling with hands. • Identify that dribbling can use both hands (not simultaneously). • Develop control and accuracy when throwing to a teammate. • To identify the importance of having hands ready to catch (w shape). • Develop the bounce and chest pass. • Begin to combine stopping and pick up/collect to send a ball accurately to other players. • Develop control when dribbling a ball with feet. • Develop control when kicking a ball, using some correct technique i.e. inside foot. • Make simple decisions about when/where to move to receive a ball. • Throw different types of equipment in different ways with some accuracy. • Throw with accuracy at targets of different heights. • Begin to alter their throwing technique to achieve greater distance. 	<ul style="list-style-type: none"> • Watch or describe performances of themselves and others - begin to say what went well and what didn't go well. • Follow simple rules to play games, including team games.
Glossary			