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| **Year 1 Striking and Fielding**  **Curriculum Link:**  **To master basic movements including running, jumping, throwing and catching** | | |
| **Key Information** | **Learning** | **Key PE Skills** |
| **Unit** | **Previous Learning** | **Competing and Performing** |
| Subject Name: **PE**  Year Group: **1**  Term: **3 (H1)**  Unit Name: **Striking and Fielding**  **Spiritual Development**  Through the study of Physical Education, children will develop an understanding of the importance of physical health and how this can promote positive emotional development. John 1:2 Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul. | **Physical Development**   * Negotiate space and obstacles safely, with consideration for themselves and others. * Demonstrate strength, balance and coordination when playing. * Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.   **Personal, Social and Emotional Development**   * 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**   * 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. | * Engage in competitive activities and team games. |
| **Big Ideas** | **Year 1 Learning** | **Health and Fitness & Preparation** |
| To develop throwing, catching, stopping a rolling ball, retrieving a ball and striking a ball. To play competitively, score points, follow rules and use simple tactics. | * To be able to strike or hit a stationary ball in with different equipment (e.g. cricket bat, rounders bat). * To be able to identify the importance of keeping an eye on the ball and attempt to do so. * To be able to identify the importance of grip and position when holding equipment and attempt to do so correctly. * To develop ability to throw underarm at a target. * To identify that a ball can be thrown in different ways (e.g. high, low, fast or slow) and develop this skill. * To attempt to catch the ball using cup technique. * To travel by changing direction and speed, avoiding collisions and stopping safely. * To understand the difference between striking and fielding (hitting and fetching roles). * To run around bases to score points. | * Recognise and describe how the body feels during and after different physical activities. * Explain what they need to stay healthy. |

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| **Key Information** | **Learning** | **Key PE Skills** |
| **Vocabulary** | **Future Learning:** | **Evaluation and Communication** |
| attack  defend  batting  fielding  score  bowl  throw  catch  hit  base  warm-up  cool-down  teamwork | * Attempt to strike or hit a moving ball with different equipment (e.g. cricket bat, rounders bat). * Hit or strike the ball for some distance. * Attempt to use appropriate grip and position when holding equipment. * Attempt to keep eye on the ball. * Attempt to throw underarm and overarm and be aware of the differences between these. * Develop the skill to throw a ball in different ways (e.g. high, low, fast or slow). * Develop the skill of throwing the ball at a target. * Catch the ball with control using the cup technique. * Throw a ball for distance. * Attempt to stop a ball from travelling past them. * Begin to recognise the roles of batter, bowler and fielder. * Follow some simple rules; stop moving when the ‘bowler’ has the ball, carrying the bat (rounders), be aware of where they need to run. | * 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** | | |
| **Attack:** The team or parts of a team trying to score or get points, those in control of the ball. It is not just simply scoring; it is the actions of all the players on the team who have possession of the ball.  **Backstop:** A player who stands directly behind the batter from the opposing team and attempts to catch the ball after it has been thrown if the person does not hit it.  **Bases:** Four areas on a rounders pitch that the person batting must run around in an attempt to score a rounder or half rounder.  **Batsman:** A player who hits the ball and tries to score runs for their team.  **Bowl:** Swing the arm from behind the body, over the head, and release the ball on the down swing without bending the elbow.  **Bowler:** Player on the fielding side who bowls to the batsmen.  **Catch:** Getting a batsman out by a fielder catching a ball the batsman has hit before it hits the ground.  **Cool Down:** Using gentle stretches and exercises to allow the body to return to rest after physical activity.  **Defend:** The team or parts of a team trying to prevent the opponents from scoring or getting points, those trying to gain possession of the ball  **Delivery:** The act of bowling the ball.  **Fielder:** A player whose job is to catch or collect the ball in the field after a batsman hits it.  **No-Ball:** Is when the bowler does not deliver the ball correctly to the batter.  **Rounder:** The unit of scoring in rounders – when a player runs through all the bases. If a player makes it successfully to the second or third post, this is a half rounder.  **Striking and Fielding Games:** Players on the batting team strike an object and attempt to run between two points before the fielding team can get the object back.  **Stump Out**: A batsman is out if a fielder stumps the post the batter is running to.  **Underarm Bowling:** An underarm delivery is one in which the bowler's hand does not rise above the level of the waist.  **Warm Up:** Using gentle stretches and exercises to allow the body to be ready for physical activity. | | |