

Physical Education



<p>KS1 Autumn 2</p> <p>A</p> <p>Embedded value: Honesty</p>	<p>Block: Throwing</p> <p>Key vocabulary:</p> <table border="1"> <tr> <td>Distance</td> <td>The length of the space between two points.</td> <td>Underarm</td> <td>An action made with the arm or hand <u>below</u> shoulder level.</td> </tr> <tr> <td>Target</td> <td>A person, object, or place selected as the aim of a throw.</td> <td>Overarm</td> <td>An action made with the arm or hand <u>above</u> shoulder level.</td> </tr> <tr> <td>Position</td> <td>A particular way in which someone's body is placed. This is done for a reason.</td> <td>Pass</td> <td>Transfer an object to an intended target.</td> </tr> </table>	Distance	The length of the space between two points.	Underarm	An action made with the arm or hand <u>below</u> shoulder level.	Target	A person, object, or place selected as the aim of a throw.	Overarm	An action made with the arm or hand <u>above</u> shoulder level.	Position	A particular way in which someone's body is placed. This is done for a reason.	Pass	Transfer an object to an intended target.	<p>National Curriculum reference</p> <p>Children should:</p> <ul style="list-style-type: none"> 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 participate in team games, developing simple tactics for attacking and defending
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<p>What we want children to know:</p>														
<p>Health and Fitness</p> <ul style="list-style-type: none"> How the body feels before and after exercise. How our heart rate changes after exercise. 	<p>Throwing</p> <p>Year 1</p> <ul style="list-style-type: none"> How to throw underarm using two hands and one hand How to stand in the correct position for throwing each piece of equipment. How to throw a piece of equipment at a stationary target How to throw a piece of equipment over shorter and longer distances. How to throw the following equipment underarm: <ul style="list-style-type: none"> A tennis ball A football-sized soft ball A quoit A beanbag <p>Year 2</p> <ul style="list-style-type: none"> How to throw underarm using two hands and one hand with greater accuracy How to throw overarm using some of the equipment below. Begin to know how to throw a netball using a chest pass. How to stand in the correct position for throwing each piece of equipment. How to throw a piece of equipment at a stationary target. Begin to throw a piece of equipment at a moving target. How to throw a piece of equipment over shorter and longer distances. How to throw the following equipment underarm: <ul style="list-style-type: none"> A tennis ball A football-sized soft ball / netball A quoit A beanbag 													
<p>Team Games including and attacking and defending</p> <ul style="list-style-type: none"> How to apply the different throws in team games. How to use space to increase the chances of success in the game. How to instruct other team members. 	<p>Self-reflection and Evaluation</p> <ul style="list-style-type: none"> How to describe performances and use what they have seen to improve their own performance. To be able to talk about the differences between their work and that of others. 													