**Year 1 P.E. Curriculum – Summer Term 1**

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| **Theme:** | | | | | | | |
| **Curriculum objectives** | | **Vocabulary** | | | | | **Links across the curriculum** |
| Target Games  To develop underarm throwing towards a target. To develop throwing for accuracy. To develop underarm and overarm throwing for accuracy. To develop throwing for accuracy and distance using underarm and overarm. To select the correct technique for the situation. To develop throwing for accuracy and distance. | | **Keyword** | Definition |  |  | | Maths – Counting for points |
| underarm | Throwing the ball below the waist |  |  | |
| overarm | Throwing the ball over the shoulder |  |  | |
| accuracy | Throw where you are aiming |  |  | |
| aim | Where you want the ball to go |  |  | |
| distance | How far away something is |  |  | |
| **Prior Learning:**    To develop rolling a ball to a target. To develop stopping a rolling ball. To develop accuracy when throwing to a target. To develop bouncing and catching a ball. To develop dribbling a ball with your feet. To develop kicking a ball. | | | | **Future Learning:**  Target Games  To develop an understanding of target games and consider how much power to apply when aiming at a target. To understand how to score in different target games using overarm throwing. To develop understanding of different target games using the skill of kicking. To develop striking to a target. To develop hitting a moving target. To select an appropriate skill to play a game. | | | |
| **Lesson Sequence** | **Key Knowledge** | | | | | **Key Skills** | |
| To develop underarm throwing towards a target | Social: To work well with others.  Emotional: To persevere in the tasks I am set.  Thinking: To use teaching points to help with accuracy. | | | | | Keep your eyes on the target.  •Opposite hand to point at the target.  •Stand with your legs split, opposite leg to throwing arm forwards. | |
| To develop throwing for accuracy | Social: To be a good teammate and work well with others.  Emotional: To persevere in the games that I play.  Thinking: To select and apply the correct technique to the task | | | | | Keep your eyes on the target.  •Opposite hand to point at the target.  •Stand with your legs split, opposite leg to throwing arm forwards.  •Time the release of the throw. | |
| To develop underarm and overarm throwing at a target | Social: To develop my leadership skills.  Emotional: To play honestly using the rules.  Thinking: To select and apply the correct technique. | | | | | Face your body and target arm towards the target (underarm).  •Face your body side-on (overarm).  •High-5 the sky to ‘stick’ the throw.  •The beanbag starts by your ear (overarm). | |
| To develop throwing accuracy and distance using underarm and overarm | Social: To safely lead others.  Emotional: To work honestly abiding by the rules.  Thinking: To be creative and adapt the rules. | | | | | Face your body and target arm towards the target.  •Face your body side-on (overarm).  •Stand with your legs split, opposite leg to throwing arm forwards. | |
| To select the correct throw for the target | Social: To work well with others and encourage my peers.  Emotional: To persevere in the tasks I am set.  Thinking: To be creative in my approach. | | | | | Face your body and target arm towards the target.  •Face your body side-on (overarm).  •Stand with your legs split, opposite leg to throwing arm forwards.  •The beanbag starts by your ear (overarm). | |
| To develop throwing for accuracy | Social: To work safely with and around others.  Emotional: To persevere in the tasks I am set.  Thinking: To select and apply the correct technique. | | | | | Face your body and target arm towards the target.  •Face your body side-on (overarm).  •Stand with your legs split, opposite leg to throwing arm forwards.  •Time the release of the throw. | |