

Medium Term Plan: Supporting Implementation of

Subject: Spring 2 Year 1 - Target Games:

In this unit, pupils develop their understanding of the principles of defending and attacking for target games. Pupils use both underarm and overarm actions and are given opportunities to select and apply the appropriate action for the target considering the size and distance of the challenge. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They will understand the importance of abiding by rules to keep themselves and others safe, learn how to score points and use simple tactics. They show respect towards others when playing competitively and develop communication skills.

N/C links:

- 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

Key skills:

- Physical: underarm throw, overarm throw
- Social: collaboration, leadership, work safely, encourage others
- Emotional: perseverance, honesty
- Thinking: comprehension, select and apply, creativity

Prior Learning (what pupils already know and can do)

- To point their hand at their target when throwing.
- Know that rules help them to stay safe.
- To make simple decisions in response to a task.
- To reflect and identify when they are successful.
- To look at the target when sending a ball.

Long-term Learning (what pupils MUST know and remember) End Goals

- To recognise changes in my body when I do exercise.
- To use an overarm throw aiming towards a target.
- To throw with some accuracy over increasing distances.
- To use an underarm throw aiming towards a target.
- To work co-operatively with a partner.
- To understand what good technique looks like.

Key Vocabulary

balance, distance, further, overarm, point, score, swing, throw, underarm

Session 1 – To develop underarm throwing towards a target.

Success Criteria

- Keep your eyes on the target.
- Opposite hand to point at the target.
- Stand with your legs split, opposite leg to throwing arm forwards.

Whole Child Objectives

- Social: To work well with others.
- Emotional: To persevere in the tasks I am set.
- Thinking: To use teaching points to help with accuracy.

Vocabulary:

underarm, distance, swing, point, throw

Medium Term Plan: Supporting Implementation of

Session 2 – To develop throwing for accuracy.

Success Criteria:

- 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.

Whole Child Objectives:

- 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.

Vocabulary

balance, point, throw, underarm

Session 3 –To develop underarm and overarm throwing at a target.

Success Criteria:

- 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).

Whole Child Objectives:

- Social: To develop my leadership skills.
- Emotional: To play honestly using the rules.
- Thinking: To select and apply the correct technique.

Overarm throw video to be shown -

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12272>

Underarm throw video to be shown -

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12270>

Vocabulary

underarm, overarm, throw, point

Session 4 - To develop throwing for accuracy and distance using underarm and overarm.

Success Criteria:

- 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.

Whole Child Objectives:

- Social: To safely lead others.
- Emotional: To work honestly abiding by the rules.
- Thinking: To be creative and adapt the rules.

Medium Term Plan: Supporting Implementation of

'Barrel roll' video to be shown -

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=24304>

Straight roll video to be shown –

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=11198>

Vocabulary

Throw, balance, point, underarm, overarm, further, distance

Session 5 –To select the correct throw for the target.

Success Criteria:

- 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).

Whole Child Objectives:

- 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.

'Barrel roll' video to be shown -

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=24304>

Straight roll video to be shown –

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=11198>

Vocabulary

balance, distance, further, overarm, point, score, swing, throw, underarm

Session 6 – To develop throwing for accuracy and distance.

Success Criteria:

- 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.

Whole Child Objectives:

- 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.

'Barrel roll' video to be shown -

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=24304>

Straight roll video to be shown –

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=11198>

Medium Term Plan: Supporting Implementation of

Vocabulary

balance, distance, further, overarm, point, score, swing, throw, underarm

Future learning this content supports:

This unit will support future units involving throwing and target hitting throughout KS1 and KS2 such as golf, dodgeball and rounders. It will also support them during their summer topics helping them to transfer some key skill across.

Pupils will have improved their balance, throwing technique, cooperation skills, changing direction quickly and using different parts of the body at the same time which will be used throughout both summer units.