

Medium Term Plan: Supporting Implementation of

Subject: Year 1 Autumn 1 – Ball Skills:

In this unit pupils will explore and develop their fundamental ball skills such as throwing and catching, rolling and dribbling with both hands and feet. They will look to perform these skills with increasing control and accuracy using co-ordination and balance. Pupils will have the opportunity to work independently, and collaboratively in pairs and small groups. Pupils will be able to explore their own ideas in response to tasks.

N/C links:

- master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.

Key skills:

- Physical: dribble with hands, roll, throw, catch, dribble with feet, track, balance, run
- Social: communication, support others, co-operation
- Emotional: perseverance, honesty, determination
- Thinking: exploration, make decisions, comprehension, use tactics

Prior Learning (what pupils already know and can do)

- Look at the target when sending a ball.
- Have hands out ready to catch.
- Watch the ball as it comes towards them and scoop it up with two hands.
- Know that keeping the ball close will help with control.

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

- Beginning to catch with two hands.
- Beginning to dribble a ball with my hands and feet.
- Beginning to understand simple tactics.
- I can roll and throw with some accuracy towards a target.
- I can say when someone was successful.
- I can track a ball that is coming towards me.
- I can work co-operatively with a partner.

Key Vocabulary

Safely, score, space, soft, swing, target, track, underarm, catch, control, dribble, ready, position, roll

Session 1 – To develop dribbling a ball with your hands.

Success Criteria

- Use soft touches with your hands to keep good control.
- Use wide fingers to move the ball.

Whole Child Objectives

- Social: To communicate with other pupils in my class.
- Emotional: To persevere in the challenges I am set.
- Thinking: To explore actions.

Dribbling video to be shown - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12286>

Vocabulary

Control, dribble, soft

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Session 2 -To explore accuracy when rolling a ball.

Success Criteria:

- Keep your eyes on the target.
- Release the ball when your fingertips are pointing at your target.
- Use wide fingers to control the ball.

Whole Child Objectives:

- Social: To support others.
- Emotional: To show honesty in the games I play.
- Thinking: To explore actions.

Rolling video to be shown - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12271>

Vocabulary

Target, control, dribble, roll

Session 3 –To explore throwing with accuracy towards a target.

Success Criteria:

- Face your body and target arm towards the target.
- Release the ball when your fingertips are pointing at your target.
- Stand with your legs split (one in front of the other).

Whole Child Objectives:

- Social: To co-operate with other children in my class.
- Emotional: To challenge myself in the tasks I am set.
- Thinking: To make my own decisions in the games I play.

Underarm video to be shown - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12270>

Vocabulary

Underarm, score, swing, target

Session 4 - To explore catching with two hands

Success Criteria:

- Keep your eyes on the ball.
- Use a ready position with knees bent, feet shoulder width apart, on your toes.
- Use wide fingers with little fingers together (hands-down position).

Whole Child Objectives:

- Social: To support others in my class.
- Emotional: To challenge myself in the tasks I am set.
- Thinking: To recognise changes in my body when I exercise.

Vocabulary

Catch, ready, position

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Session 5 –To explore dribbling a ball with your feet.

Success Criteria:

- Keep the ball close to you (under your nose).
- Keep your head up.
- Use both feet to move the ball.
- Use different parts of your foot (sole, toe, heel, inside, outside).

Whole Child Objectives:

- Social: To co-operate with other pupils in my class.
- Emotional: To challenge myself in the tasks I am set.
- Thinking: To use simple tactics.

Dribbling with feet video to be shown – <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12312>

Individual skills video to be shown - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12313>

Vocabulary

Space, control, dribble

Session 6 – To explore tracking a ball that is coming towards me.

Success Criteria:

- Adjust your body, so that it is in line with the ball.
- Keep your eyes on the ball.

Whole Child Objectives:

- Social: To communicate with other children in my class.
- Emotional: To challenge myself.
- Thinking: To understand the teaching points and how they can help me to improve.

Vocabulary

Track, safely, space, swing, catch, position

Future learning this content supports:

This unit will support children with ball skills in Year 2. Due to having a variety of activities taught throughout this unit, pupils will have gained a broad range of skills that will be transferred across units they encounter in the future. Pupils will have improved their balance, speed, stamina and ability to change direction. These skills will also be essential during their participation of various sports across KS2 such as football, rugby, basketball, rounders etc.