

Newquay Primary Academy – Spring Term 1 Sequence – P.E.



RECEPTION

Hands and Eyes

YEAR 1

Look- Run - Avoid

YEAR 2

Hands – Feet - Equipment

INTENT

Develop skills to be able to throw and catch a scarf and a beanbag with a developing technique.

To apply their fundamental skills (agility, balance and coordination) in small-sided team games whilst working together as a team. Pupils will start to gain an understanding of the basic principles of 'attack' and 'defence'.

To combine movement skills (agility, balance and coordination) with ball / object control. Pupils will be able to control an object with increasing confidence. Pupils will be able to dribble and control a ball using their hands and feet.

VOCABULARY / STICKY KNOWLEDGE

Throw, Catch, Hands-ready, Co-ordination, Toss, Teamwork, Underarm throw, Tracking, Cushion, Protect

Safety, Movement, Teamwork, Agility, Balance, Coordination, Attack, Defence, Rules, Referee, Win, Lose, Draw, Respect, Communicate

Movement, Hands –ready, Pivot, Tracking, Hand-eye coordination, Throw, Catch, Space, Dribbling, Teamwork, Soft Fingers, Win, Lose, Respect, Official, Feet, Toes, Inside and Outside of the foot.

SEQUENCE OF LESSONS

1. To know what their topic is and explore hand-eye coordination activities.
2. To know how to 'track' and object and be able to move to an object to catch it.
3. To know what the term 'hands-ready' means and be able to demonstrate this.
4. To be able to throw and catch a scarf and beanbag with a developing technique.
5. To be able to throw and catch with a sound technique under increased pressure.
6. To be able to apply all the skills learnt in this topic by participating in a throwing and catching circuit.

1. To move safely and in a coordinated manner in a variety of different ways.
2. To know what the concept of 'rules' are and be able to play a small-sided team game in line with the rules. To have a developing understanding of 'attack and defence'
3. To be able to track a ball in a game situation and to be able to recognise feelings associated with winning and losing.
4. To be able to work together as a team in small-sided games. Pupils will be able to do three-cheers and shake hands with the opposing team at the end of a game.
5. To be able to play capture the flag by working together as a team and playing by the rules.
6. To apply all the skills learnt and developed in this topic by participating in a tournament.

1. To explore controlling a variety of objects including a scarf, beanbag and balls.
2. To be able to travel whilst throwing and catching a bean bag.
3. To be able to dribble and control a basketball whilst standing still and travelling.
4. To explore controlling objects using their feet. Pupils will be able to move and keep dribble a ball keeping it close to their body.
5. To be able to control and travel with objects whilst under pressure during team challenges.
6. To be able to play a small sided invasion game using a ball in line with the rules of the game. Pupils will continue to explore the principles of 'attack and defence'.

OUTCOME / COMPOSITE

To recap the structure and expectations of a PE lesson. Pupils will focus on acquiring the skills to be able to throw and catch a scarf with a developing technique. Pupils will be able to track an object with their eyes and have their hands 'hands-ready' to catch the object. This will form the foundations for their future learning.

Pupils will be able to play small-sided team games in line with the rules. Pupils will be able to work together as a team and have a developing understanding of what makes a team effective. Pupils will explore feelings associated with winning and losing, they will be able to win and lose respectfully.

Pupils will be able to control objects whilst being a static position. Pupils will have a developing skill set of controlling objects whilst moving i.e. dribbling in football and basketball based activities. Pupils will be able to play small-sided invasion games using a ball.