



Topics: Racket and Ball Skills, Athletics (Jumping and Throwing), Team Skills.	Year: FS2/Y1	Summer Term
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Extended learning opportunity
This unit will develop the following skills:
Social: work safely, support others, share and take turns, co-operation.
Emotional: honesty, determination, self-regulation
Thinking: decision making, comprehension, select and apply skills

Key Vocabulary	
Balancing	Children will learn to hold their arms out to help them to balance. Looking ahead will help you to balance. Landing on your feet helps you to balance.
Jumping	Children will learn that bending their knees will help them to land safely. Swinging your arms forwards will help you to jump further. Landing on the balls of your feet helps you to land with control.
Skipping	Children will learn that if they hop then step that will help them to use skipping as a travelling action. Use the opposite arm to leg when you skip. Jumping on the balls of your feet helps you to keep a rhythm.
Hopping	Children will learn that to hop they will use one foot. Hop with soft, bent knees.
Throwing	Stepping forwards with your opposite foot to throwing hand will help you to throw further. Throw in a straight line by pointing your throwing hand at your target as you let go of the object.
Striking	the harder you strike, the further the ball will travel.
Fielding	throwing the ball back is quicker than running with it.
Throwing	use an overarm throw to throw over Longer distances.
Catching	watch the ball as it comes towards you.

Cross curricular links
ENGLISH Listening to and following instructions, Communication skills, Expressing ideas
MATHS Counting, Addition, Estimating distances, Using directions, Measuring how far they throw
SCIENCE Understanding changes to the body during exercise, Understanding how the body reacts to different exercises, Understanding which part of the body is used in jumping for height Exploring stance to increase power in their throw

overarm throw

- elbow high
- step forward with your opposite foot

underarm throw

- use a straight arm
- step forwards with your opposite foot

catch

- watch the ball
- catch with two hands
- move your feet to the ball

track

- move your feet to the ball

hit

- watch the ball
- use the

jumping

- knees bent
- swing arms
- take off and land on two feet