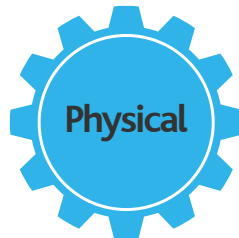


Purpose

Develop fundamental movement skills to be able to react and move quickly and develop control with a ball, including catching, to prepare for activities and games using equipment.

Develop confidence in a range of skills with control and consistency. Link skills to perform a sequence of movements whilst exploring changes in level, direction and speed.

Learning Goals



Sequence Movements and Skills

Emerging

- I can perform a single skill or movement with some control.
- I can perform a small range of skills and link two movements together.

Expected

- I can perform a range of skills with some control and consistency.
- I can perform a sequence of movements with some changes in level, direction or speed.

Exceeding

Coordination

Sending and Receiving

Agility

Reaction / Response

In this unit, the children will develop and apply their sending and receiving and reaction and response through focused skill development sessions, cooperative and competitive games.



Emerging

I can complete **some** Green challenges



Expected

I can complete **all** Green challenges



Exceeding

I can complete **some** Red challenges

- I can select and apply a range of skills with good control and consistency.

Skills and Knowledge - Learning Behaviour

Physical Skills



Developing my physical skills and knowledge so...

What

How

I can perform a single skill or movement with some control.

Adopt good 'ready position'.
Use backswing and follow through.

I can perform a small range of skills and link two movements together.

Maintain a good 'ready position'.

I can perform a range of skills with some control and consistency.

Use footwork to move in line with the ball when receiving.
Keep eyes focused on ball.

I can perform a sequence of movements with some changes in level, direction or speed.

Lean forward to help move quickly.

I can select and apply a range of skills with good control and consistency.

Focus on accuracy and weight when sending.
Use 'soft hands' when receiving/catching.
Move feet, rather than stretch, to get to the ball.

Skills and Knowledge - FMS

Coordination Sending and Receiving

Skill Challenges

With right and left hand, against a wall or with a partner (3 - 5 metre distance):

1. I can throw a tennis ball and catch it with the same hand after 1 bounce (start catching with both hands first if required).
2. I can throw a tennis ball and catch it with the same hand without a bounce (start catching with both hands first if required).
3. I can throw a tennis ball and catch it with the other hand after 1 bounce.
4. I can throw a tennis ball and catch it with the other hand without a bounce.
5. I can strike a large, soft ball along the ground with my hand 5 times in a rally.

Developing my sending and receiving skills and knowledge so...

What

I can send with good accuracy and weight.

I can get in a good position to receive.

I can collect the ball safely.

How

Use backswing and follow through when sending.

Move my feet to get in line with the ball when receiving.

Try to have 'soft hands' when catching.

Agility Reaction / Response

Skill Challenges

From a distance of 1, 2 and 3 metres:

1. I can react quickly and catch a tennis ball dropped from shoulder height after 1 bounce.

Developing my reaction and response skills and knowledge so...

What

I can react and move quickly.

I can catch the ball consistently.

I can slow down with control after catching.

How

Take up a ready position with my knees bent and feet apart (front to back).

Start quickly and accelerate by pushing off hard with my feet.

Bend my knees to help me slow down.

Key Vocabulary

level, direction, speed, catch, rally, strike, pushing, bounce

Curriculum Links

Pupils should....

Master basic movements including running, jumping, throwing and catching, as well as extending balance, agility and coordination, and begin to apply these in a range of activities, individually and with others.

Engage in activities in a range of increasingly challenging situations.

Engage in competitive (both against self and against others) and cooperative physical activities.

Wider Links

To further develop the children's sending and receiving and reaction/response skills, use the following (**click the links at the bottom to explore**):

- **real PE daily** - short, daily activity ideas to further develop sending and receiving and reaction/response skills.
- **BURSTS** (home learning) - sending and receiving (**Juggling Journeys**) is included on the BURSTS app.