

Links to the PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Pupils should be taught to 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.

Examples of Target Games

Golf	Boccia	Bowls
New Age Kurling	Dodgeball	Archery

Key Vocabulary:

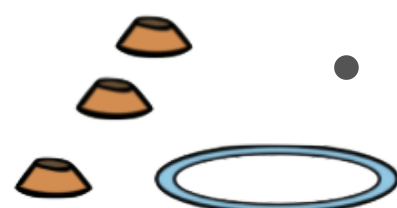
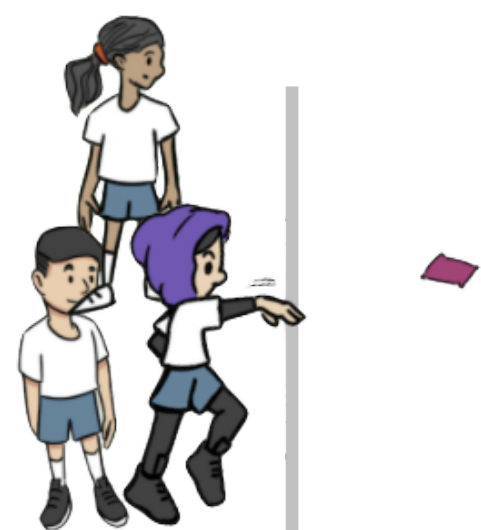
- far • aim • team • throw
- score • send • points • distance
- overarm • underarm • target

Key Skills: Physical

- Underarm throwing
- Overarm throwing
- Aim
- Hand eye co-ordination

Key Skills: S.E.T

- Social: Communication
- Social: Supporting and encouraging others
- Social: Leadership
- Emotional: Perseverance
- Emotional: Honesty
- Emotional: Fair play
- Thinking: Using tactics
- Thinking: Selecting and applying skills
- Thinking: Decision making



Teacher Glossary

- Agility:** The ability to change direction quickly and easily.
- Release:** The point at which you let go of an object.
- Target:** The object that is being aimed for.
- Co-ordination:** The ability to move two or more body parts at the same time.

Where this unit sits



Assessment Criteria

EYFS

Year 1

Year 2

Assessment criteria for EYFS units.

- I can recognise changes in my body when I do exercise.
- I can use an overarm throw aiming towards a target.
- I can roll a ball towards a target.
- I can use an underarm throw aiming towards a target.
- I can work co-operatively with a partner.
- I understand what good technique looks like.

- I am able to select the appropriate skill for the situation.
- I can throw, roll kick or strike a ball to a target with some success.
- I can work co-operatively with a partner and a small group.
- I understand the principles of a target game and can use different scoring systems when playing games.
- I understand what good technique looks like and can use key words in the feedback I provide.

Progression of Skills Ladder

Other units that progress into this activity:

Games
Ball Skills
Sending & Receiving



Throwing Overarm

Develop coordination and technique when throwing overarm at a target.

Throwing Overarm

Explore technique when throwing overarm towards a target.

Throwing

Explore throwing using a variety of equipment.

Catching

Explore catching using a variety of equipment.

Year 2

Throwing Underarm

Develop coordination and technique when throwing underarm at a target.

Striking

Develop striking a ball with equipment with some consistency.

Year 1

Throwing Underarm

Explore technique when throwing underarm towards a target.

Striking

Explore striking a ball with their hand and equipment.

EYFS

Striking

Explore sending a ball to a partner.