

Prior Learning: In Early years, children began to develop the fundamentals of movement e.g. walking, running, jumping, hopping, skipping. In first PE and the enjoyaball unit they experimented with different ways of throwing and catching. They also experimented with rolling a ball at objects.

Physical Me

Throw	Agility
Catch	Balance
Dodge	Co-ordination
Run	Jump

Key Skills



Thinking Me

- To make decisions in the game

Value Me:

- Honesty
- Self Belief
- Respect

Social Me

- Communication
- Encourage
- Taking turns

Key Vocabulary

Roll

Jump

Positive

Personal best

Target

Honest

Catch

Underarm

Aim

Key Knowledge

Honest - Telling the truth, following the rules

Personal Best (PB)- To beat your own score

Underarm:

1. Opposite arm and opposite leg
2. Bend knees
3. Non-throwing hand points at the target
4. Throwing hand points in direction of the target



Catching:

1. Always watch the ball
2. Children on the balls of their feet. On their toes
3. Move body in line with the ball
4. Fingers spread wide to make a target

